Margaret Currie
Her Book

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MARGARET CURRIE
HER BOOK

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By
MARGARET CURRIE
(*Montreal Star*)

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PREFACE

To my correspondents—to you who have made "Margaret Currie" possible by your encouragement, your co-operation and your continued support during the ten years I have conducted my page on the Montreal Star—this little book is dedicated in all humility.

Many of you have been good enough to say you would like to have some of my pages in book form and it is because of these requests that this book has been compiled.

It is not claimed that anything—but the chats—is original. Recipes, games, household hints, etc., have been gleaned from varied sources—some you may have sent yourself.

I hope you will be as kind to the book, as you have been to the writer.

MARGARET CURRIE

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Margaret Currie's Chats

THE COMMON LOT

Every girl is a dreamer of dreams. From the time she is old enough to read, she is fed on fairy-tales; of Cinderella who fled from her ashes to the arms of her Prince; and later on, of the shop-girl who married the millionaire; of the little girl who is heard singing as she washes the front steps and who becomes the idol of the London stage and marries into the nobility.

Her dreams hold only three things, a handsome husband, money or fame. And with her eyes fixed on the heights above, she often overlooks what Rebecca West calls "the miraculous beauty of the common lot."

After all, the greatest millionaire eats, sleeps, marries, is ill and dies just like ordinary mortals. He is marked as the prey of fortune hunters, of grafters, of women who lack virtue and of dishonest employes. He trusts no one and could he go back to the easy friendship of his boyhood days, he would sacrifice much to have just one soul in whom he could have confidence.

The wife of a millionaire? Do you realize just what that would mean? All you think of is the lux-

ury that would be yours, the limousine, the delicate food, the clothes, the jewels, the servants. But for every step up you take in the social scale, your responsibilities increase. The conscientious wife of any man who is highly-placed is the busiest woman on earth. She has her charities, her household, her social engagements, and they keep her occupied every minute of the day and usually, far into the night.

Her husband has his separate engagements and sometimes they scarcely see each other for days at a time. To them, the luxury of settling down in front of the fire-place with a good book for a quiet evening at home, is unknown. Even summer carries them to a repetition of the same social life with practically the same crowd.

Society is a treadmill. You go round and round in the same circle and you must never falter or hesitate because if you do, your place in the charmed circle is taken and you are on the outside, looking in.

You want the money? Yes, money is desirable but after all, no-one has ever beaten that recipe for happiness where money is concerned—to earn a little and to spend a little less.

You would like to be a great beauty? Beauty dies and when it has gone, what have you? You have spent your life, worrying over wrinkles and grey hairs, dieting to keep your figure and in the end, the knife will go through your heart when you hear someone describe you casually as "wonderfully well preserved."

Fame? You envy the woman who has become a great singer, a great artist, a great writer? In ninety-nine out of a hundred cases, she has arrived at her pinnacle of fame by a long and difficult path, of troubles, temptations, heart-breaks, despair, sorrow, and loneliness—worst of all, loneliness. You think the woman who is famous either for beauty or brains, must be happy; must have "loads of friends." She is like the millionaire—she does not know who are her real friends, who would stick to her if she lost her beauty, or her place in the world. If you are placed high, you are always the object of envy, hatred and malice, the target of gossip, usually untrue. The spirit of the famous woman is bruised by the things people say about her, and yet she must go on smiling—or lose her place.

George Eliot said, "The happiest women, like the happiest nations, have no history," but very few women believe it. Even the war, with its disruption of the established order of things, does not seem to have made them realize that happiness to a woman means an absence of drama and events. The young wife in her tiny apartment, looking after her very new baby and doing all her own housework, is apt to rebel at her lot but some day she will look back on those first years with her hard-working young husband, and realize, at last, "the miraculous beauty of the common lot."

HAVE YOU GRADUATED?

June is the time of the year when the world is full of the "sweet girl graduate," dear to the poets and writers of fiction who rhapsodize over reams of perfectly good white paper about the fair young thing who "is standing, with reluctant feet, where the brook and river meet."

We are so used to meeting her in magazine fiction, clothed in white, mystic, wonderful, reading the valedictory while her proud father and mother look on—their hearts swelling with pride—that we have grown accustomed to thinking of her as something super-fine.

So has she grown accustomed to thinking of herself along those lines. She imagines she is distinctly out of the ordinary and that she knows so much she never needs to study again. She is through with books forever.

It does not seem to occur to her that she is mentally shutting up shop, and that if she wants to progress in business, in office, or in the home, she is never through with study. She must go on and on and on.

To succeed in the business world means really hard work—the hardest kind of mental and physical exercise as well.

The girl who utilizes her brains in planning new frocks and ways of amusing herself in her leisure hours, instead of in thinking out ways to get on with her work, is never going to be an efficient worker.

The girl who prides herself on her independence and boasts, "No one is going to put it over me" is usually mistaking a stubborn and foolish pride for independence. None can give orders until she has learned to take them.

All beginners make mistakes and it is foolish to resent correction.

It is stupid to take criticism as an insult and if you continue in that attitude you become absolutely impossible to yourself and everyone else.

If you regard life as a greater school where everyone you meet can teach you something, you will succeed.

Perhaps the girl worker starts with the fatal mistake of thinking her time outside the office belongs to herself, and it "is no-person's business" how or where she spends it.

But it is your employer's business—very much so. If you dance all night, you cannot possibly get to business feeling fresh and fit the next morning. If you are tired and sleepy, you perform your duties in a "sloppy" fashion, you forget to give your employer an important message, and you neglect some detail that means a serious monetary loss to him.

If you are going from school to a home of your own, as soon as your trousseau can be prepared do not think that marriage is all roses and rapture.

It is a business partnership, and if you are to hold up your end, you must know how to cook and sew, to buy intelligently, to plan your menus with wisdom, to order your house with diligence and thrift, to keep accounts, to understand banking—indeed, marriage,

with its necessity for knowing all about the art of home-making, is the most exacting profession of all and requires the most constant study to make it a success.

Whatever your profession may be, you will never really graduate. There is always more to learn.

NEITHER A BORROWER

Shakespeare and the Bible are grouped together in the minds of most people. Possibly it is because there are so many adages in the works of the Bard of Avon which, in their homely, practical, everyday wisdom, follow closely upon the principle of the Book of Books. Certainly there are few things in the Scriptures which carry a better message for the guidance of us all than these lines from Hamlet:

> "Neither a borrower nor a lender be;
> For loan oft loses both itself and friend,
> And borrowing dulls the edge of husbandry.
> This above all: to thine own self be true,
> And it must follow, as the night the day,
> Thou canst not then be false to any man."

"Neither a borrower"—that should be written up in letters of gold in the houses of women, for women offend most, I think, in the little borrowings that are so particularly aggravating, the car-tickets, the postage-stamps, the cups of tea, or flour, or sugar, or milk, the "couple of eggs until the grocer comes"—all the little household things that every housewife knows, and that constitute one of her daily annoyances.

"Why," said one woman the other day, "can't people arrange their ordering so that it isn't necessary to borrow, borrow, borrow all the time? One of my

neighbors borrows something from me almost every day of her life, and it is so small that she forgets, half the time, to return it. She asks me to buy things for her when I am shopping, and forgets to pay me for the purchases. Perhaps it isn't more than a dollar or two, but in these days, every dollar counts, and I find it hard enough to finance my own household without contributing to someone else's household expenses, particularly when I know she has just as much money as I have, perhaps a little more. You wouldn't mind giving things to people that need them, but this business of paying for someone who is not in need, and who is just careless, or else deliberately trying to 'do' you, gets on my nerves."

Every woman who keeps house knows the type and has suffered from it. Every boarding-school girl has a "friend" who never has any hairpins, powder, soap, shoe-polish, note paper or postage stamps. "They even wear my clothes," said one girl. "I come in and find my room-mate is out in my hat and coat, and I have to keep my blouses, camisoles and best slippers locked in my trunk or I'd never have anything to wear. It's got so that the people in the village don't know which of us my clothes belong to."

Every boy who goes in for sports knows the one who never has any of the accessories; who borrows golf and tennis balls and "forgets" to give them back, who never has any cigarettes, and who has always left all his change in his other clothes, and we all know the people who never have any car-tickets and "would you mind paying my fare this time? I have nothing

but a bill and you know the conductors do so hate to make change."

It's a pleasant little game—this business of social graft—for the grafter—but rather hard on the graftee. It is difficult to know just how to treat this particular pest, but one woman says she has accomplished quite a revolution in the heart of her particular grafter by never having anything when she is asked for it. She invariably says, "I'm so sorry, but you know I'm just out of that myself. I have it on my list to order." When it is a question of car-fare, she says, "Oh, isn't that too bad? I only have one ticket, and I haven't any change, either." She salves her conscience for the fib by telling herself she hasn't any change to give away.

But everyone can't do that so calmly. If you have been brought up to be polite, it is hard to change, even if the other person isn't polite to you. Sometimes I wonder if the social grafter realizes how little she gains in proportion to the respect and confidence she loses. If she did, I'm sure she would see the error of her ways and cease to be a borrower.

THE GOOD SPENDER

A great many girls write to me asking why their boy friends prefer to spend the evening quietly at home, rather than in going to the movies or the dance hall. Do I think he is mean, or do I think he doesn't love her, or do I think he is ashamed of her, or what do I think is the matter?

What I think is this—that in some cases, the "good spender" before marriage is likely to develop into a "Tightwad" after the knot is tied, and the man who does not want to spend his money foolishly now is likely to have a snug little bank account ready to furnish a cosy nest for the girl of his heart.

The curse of the modern girl from sixteen upwards is her craze for "a good time." She does not care who pays nor how much it costs, nor who suffers as long as she has "a whale of a time." There must be "something doing" every minute or she is "bored to tears."

And the boy who trys to apply the brake, to reason with her, to save a little money, is a "slow-poke" "a tightwad," "an old stiff" and she "hasn't any use for him."

Her beau ideal is the boy who knows a new step in the fox-trot, who wears his hair pompadour, is a "nifty dresser" and "certainly knows how to spend his money." All you have to do is to listen to a

crowd of girls talking and you will see what I mean.

But, girls, life isn't all a dance-hall, a movie or a fashion show. Do you think your "best beau" would be willing to do without a spring overcoat in order that you might get a new suit? Do you think he would be willing to stay in with you at night, rather than go off by himself with a bunch of men if you were not able to go out, or even if you were? Do you think he will continue to be such a "good spender" that he "treats the boys" when you need money for shoes? Do you think he will be good-natured when you burn the bacon? Do you think he will hire a man to look after the furnace and let you do the family washing? Is he selfish in his spending, or does he consider you? Is his money spent only on pleasures that include himself, or does he plan things that will give pleasure to you, without consulting his own taste'

Marriage in Canada is a serious proposition. It is said that one out of every nine marriages in the United States terminates in divorce. In Canada divorce is difficult, expensive and unfashionable. You make or mar your life by your selection of a matrimonial partner.

Don't choose him because he mixes a good cocktail, waltzes divinely, brushes his hair the way you like it and always has his trousers creased.

Choose rather the man who is serious about his work, has a savings account, is not ashamed to wear his clothes two years, is kind to children and animals, writes to his mother regularly, and is more interested in you than in himself.

He wears better.

Not that the "Tightwad" necessarily possesses all the virtues. He may really be a miser. But be sure that he saves—and spends—his money wisely and well.

"IT'S MUH TEMPERAMENT"

The late Mabel Barrison, the dainty little actress, who gave "The Blue Mouse" the popular success it achieved, played the role of an actress who was always getting herself into impossible situations from which she extricated herself by the simple explanation, "It's muh temperament, muh dear."

It's an explanation that works with nine out of ten of the "common mob" who regard the artist, the poet, the musician with awe-struck eyes, and very frequently it is an explanation which irreverent people regard as just so much "bunk."

The trouble is, according to medical specialists, that "artistic temperament" is neither a joke nor a gift from heaven. It is a disease of the nerves to which artistic people, who are usually more "highly-strung" than those in more commonplace walks of life, are peculiarly sensitive.

Music is particularly instrumental in producing such a condition. It causes a marked effect on the nervous system through its varied vibrations. It has been repeatedly proved by experiments that it will cause stimulation or depression, and, quite apart from medical experiments, we each of us know the effect of music on our individual nervous systems.

Does a martial air inspire you to step out with greater vigor? Does sacred music make you feel

better? Does "jazz" music make your toes tingle and your body sway with the desire to dance? Does soft, sweet music make you feel sentimental? Then you know that music really has an effect on your nerves.

What annoys the ordinary everyday people of the world is the fashion in which artistic people excuse every vagary in which they indulge by the succinct phrase, "Temperament."

"Temperament" won't allow the genius to get up early in the morning, to do an honest day's work—he works only when he is inspired—to remain faithful to one love, to eat at regular hours the ordinary food of everyday mortals—he wants some divine nectar for the gods. He wastes his money on his own selfish, trivial needs instead of giving it to his family for necessary bread and boots, because his "temperament" must be pampered. It is the universal explanation for all eccentricities of genius.

Perhaps it is a woman who is playing the "Temperamental" game, and making her husband give in to her every selfish whim, because he is afraid to provoke the storm of rage, the tempest of tears, and the succeeding nervous exhaustion which is the usual way in which "Temperament" manifests itself.

Next time the partner of your joys and multiplier of your sorrows tries to give you the "Temperament" story, tell him or her a few home truths on the subject of giving in to nerves and prescribe the following regime.

Total abstention from tea, coffee, tobacco and alcohol—more especially alcohol—cold baths, taken early in the morning, plenty of outdoor exercise, and a daily hour in the gymnasium, regular, simple meals, lots of sleep at night (not in the morning) in a room flooded with fresh air, and earnest work in regular hours. If you can see that this prescription is followed you will never again hear the word "Temperament."

GIRLS AND BOYS

Proverbially, the looker-on sees most of the game, and perhaps that is why the woman who has been denied the wonder of motherhood cannot understand why "sure-enough" mothers seem so blind to the pleasures, the privilege and the responsibility of parentage.

Child-Welfare Associations, Montessori methods and kindergartens are providing numerous educational centres for the mothers of young children, but no one seems to have much to say to the parents of children from sixteen to twenty, children who are at that most difficult of all ages, the period of adolescence, the period when they are in need of the wisest advice, the most careful attention and the sanest of standards for living, if they are not to make shipwreck of the golden youth which should be their happiest memory.

Many of these girls and boys write to this page for advice and it often makes my heart ache to think of the mothers and daughters, the fathers and sons who look at each other with unseeing eyes, and uncomprehending hearts, with that terrible surface knowledge of your many faults (which only your family can have) and with no comprehension of the deeper feelings which you are too shy to confide for fear of ridicule.

Not long ago a charming youth of eighteen confided the glowing story of his latest love affair to me. She was, it is needless to say, the sweetest, the most wonderful, the most admirable thing in the world. One look at the photograph he carried over his heart showed me that she was too old, too sophisticated, altogether too worldly-wise for the ingenuous boy beside me.

"Have you told your father?'" I asked.

"Gee! No!" he exploded. "Dog-gone it, I'm afraid of father. I wish I weren't," he added, wistfully, "I wish we could be good friends, but he's always nagging at a fellow."

Can you imagine anything worse than that? Yet probably that father would feel terribly injured if he were presented with that sophisticated young person as a daughter-in-law, and would wonder what he had ever done to be cursed with such an undutiful son.

Here is a letter I received from a girl recently which explains itself:

"I am seventeen and I am not allowed to have any boy friends at all. Mother will not allow me to have any up to the house or to go to the show with one or anything. Do you think that is right? I know lots of girls of my age who are allowed to have a boy call and take them to a show, and they are also allowed to go to the rink, and if they are going out to spend the evening with a girl friend, boys always take them.

"Mother says she would rather have me go and come alone, provided it is not late, than have a boy

accompany me on the street at night. Don't you think that is a crazy idea? She always says: "Next winter will be plenty of time. Even at eighteen, you are old enough to begin." I say that is old-fashioned and that only leads a girl to meet her friend outside, because no matter how strict parents are, every girl knows a few boys, and there is always a favorite one among them, and if he asks her out I am sure she will find a way to meet him. I know I have gone a few times with my friend to a show unknown, and I do not think I will do so again as I have an uncomfortable feeling for about a week after. But don't you think it would be better to be allowed to go, as I am sure there is no harm in it?"

"SEVENTEEN"

And that mother would weep and wail and tear her hair and wonder why God had cursed her beyond her sister women if her girl should "go wrong" not recognizing her own culpability and criminal carelessness.

Probably the mother thinks she is safeguarding her daughter by refusing to allow her to have boys at the house or to go out with boys, but who can dam the ocean?

Youth is the time for love and laughter, and you can't cheat your daughter of her heritage.

If she can't have her fun at home, she can, and will, have it outside. There are plenty of places where a man may rent a room in which to entertain your young daughter. Does that prospect please you?

You may think that a careful training will protect her from all harm, but the hospitals and the police

courts are full of girls who originally belonged to "good" families.

Encourage your daughter's confidence and don't betray it.

Don't tell her secrets to the married sister or the older brother. One girl said to me: "I told my mother something and the next day my sister teased me about it and the day after my brother started. You can bet it will be a long time before my mother hears another of my secrets."

If you have boys and girls, make your house a home to all of them and all of their friends. Keep "open house" and let them have all the fun and make all the noise (within reason) they want. Let them sing the latest "rag" and don't make slighting remarks about their taste in music, even if you do prefer classical music yourself. Let them dance, play cards, tell fortunes, make fudge, pull taffy, do any old thing they please, so long as it is innocent fun. Let the boys smoke and have cheap ash-trays all over the place.

Stay in the room yourself but don't be a spoil-sport. Join in the fun. If you can play the piano, practice up on one-steps and fox-trots, and learn to dance them, as well as play them. Grow young with your daughter. Don't expect her to grow old with you. You can never put an old head on young shoulders, but you can cultivate a young heart within yourself.

If you see something of which you disapprove, don't speak about it then. Wait until you find your

daughter in a receptive mood, and then tell her quietly that you think perhaps she was a little indiscreet, that men don't like the girl who cheapens herself, to have all the wholesome fun she wants, but to always retain her dignity.

It will pay you mothers, pay a thousandfold for the extra work, the loss of the quiet evenings with your book or over the bridge-table; pay in the love of your daughter and her friends, pay in your own peace of mind and it will pay when your daughter is safe and happy in a home of her own.

LEFT UNDONE

"Oh Lord, we have done those things we ought not to have done, and we have left undone those things which we ought to have done, and there is no health in us," says the prayer-book, giving to the sins of commission and omission an equal value.

But the average person regards the sin of commission as much more heinous and attaches little importance to the sins of omission. I wonder why. I wonder why we leave undone the little things which mean so much to others. I wonder why the rich man waits until he is dead to give away some of his surplus wealth. Why doesn't he make people glad he is alive, instead of letting them rejoice at his death?

I wonder why we wait until friends are dead to send them flowers. The Chinese put food on the graves of their departed and when an American asked a Chinaman, "John, when do you think your friends are coming up to eat that food?" the Celestial retorted, "Allee-samee time your flend come up to smellee flower."

It was a just reply. Why don't we send flowers on some anniversary, birthday, wedding or even just some day when you happen to feel a little "flush"? You, Mr. Husband-of-many-years, don't you think your wife would be surprised and pleased beyond words if you came home with a bunch of violets or

two or three roses? It isn't necessary to buy a dozen, you know, in order to give pleasure. One perfect flower will give just as much pleasure as an armful would. Indeed the Japanese, who have forgotten more than we know about art, contend that just one flower, placed alone, is the essence of artistic floral arrangement.

It is the thought that counts, and if we would express our pleasant thoughts more frequently than our unpleasant ones, it would make this world a better place to live in. For instance, if Mrs. Smith says to you, "Mrs. Jones always has such pretty clothes. I don't see how she can afford to buy them on her husband's salary," why tell Mrs. Jones the last part of the speech and omit the first? Why not reverse the order and say to Mrs. Jones, "Mrs. Smith was remarking the other day on what good taste you have. She thinks you always wear such pretty clothes."

Whereby Mrs. Jones will be pleased and will probably tell you that she haunts bargain sales for her materials and makes her own frocks because her husband loves to see her well dressed, and, of course, with everything the price it is nowadays, she just couldn't afford to have these things unless she did do everything herself.

Isn't that better than to have Mrs. Jones barely speaking to Mrs. Smith, and creating an unpleasant feeling all around? I wonder why we are so reluctant to tell each other the nice things we hear and so ready to repeat the unpleasant ones.

You girls of fourteen to eighteen, who are always writing about the great things they would like to do in the world, why not start at home by looking after the smaller children to let Mother have a rest, or go to a matinee? Why not clean the silver, do the dusting, wash the dishes and help with the mending? It may not be as romantic as nursing for the Red Cross, but it is just as practical for every day life, and your mother's health is the most important thing in the world to you.

I don't think we ever realize until we are grown up, how much more we might have done to have made life easier for our mothers. Save yourself future regret by helping her now.

And boys, too, may do many things in the house, even to minding the baby, without losing any manhood. They may carry coal, clean stoves, even scrub floors to help mother out on the harder household work, and if it is not necessary to do these things, a boy can at least make his mother feel how much he loves her; he can ask her to go to the movies with him, he can spend an evening at home with her, he can tell her she is the best pal he ever had. That will make life worth while for her.

The Boy Scout motto would be a good one for us all to adopt, do one kind deed each day. "For it isn't the thing you do, dear, it's the thing you leave undone," that will haunt you when the lights are out and you "think of your sins."

STREET CAR MANNERS

Here is an interesting letter which speaks for itself—following are a few hints for street car travellers. They are things that I have found annoying, and I think there are a few others who will agree with me.

1—When entering the car-door, look around to see if there is someone behind you before letting the door bang.

2—If the car is very crowded (around rush hours), and you should happen to be standing against the door, "have a heart" for the person who may be standing behind the door.

3—If you are a man, standing up reading your paper, don't turn your paper over so often that the lady sitting in front of you is all nerves for fear she will get it in the eye.

4—And, man or woman, do try to resist the temptation to read your fellow-passenger's paper. If you haven't one yourself, wait until you get home, and read it properly.

5—If the lady next to you is reading a book, don't keep her company by reading it too. She'd far rather you wouldn't.

6—If you receive a letter just before you leave the house, and haven't had time to read it, can't you wait until you get to the office, and not take out half-a-dozen sheets on the car. It's all right if you want

the party standing or sitting next to you to share the contents with you.

7—And, Mothers, when you walk up the car with your child, where there isn't a vacant seat, and a gentleman folds his paper up, and kindly offers you his, for goodness sake, don't put your youngster into it, and stand yourself, thus necessitating the next man getting up, when you could have sat down and held the child by your side. To me nothing looks worse. Besides, you are teaching the child the very selfish lesson of always taking the first place himself, a thing you will regret in after years.

8—Mothers, when a lady is standing, teach your little boy to get up and offer her his seat. You will be teaching him a lesson of courtesy, and making him a gentleman of tomorrow. As I write this, I have in mind three or four instances where I have been given a seat by "little men" of not more than five.

9—Ladies, who go downtown shopping, don't you think it would be a good idea if you took the car home just a little earlier. The cars are crowded enough with working people, without ladies getting on with their parcels and two or three youngsters. Besides, the crowded car is the worst place you could bring your children.

10—If you have a willow plume or any kind of a feather on your hat, don't keep turning your head around, thus brushing the person's face at the back of you.

11—Girls, don't cross your limbs on the car—it

isn't lady-like, and it's positively shocking if you wear white stockings.

12—When conversing on the car, do it in an undertone. Loud talking is bad form; and don't laugh out loud—it draws attention.

MISS OPTIMIST.

To "Miss Optimist's" letter I would like to add a few words—take the conductor's advice and "move up front." Nothing is worse than to get on a car to find the rear aisle blocked with people, and to have to struggle through to obtain even a precarious foothold. It is really much easier to stand holding the back of the seat in front rather than to emulate the giraffe (when nature never intended you for "sich"), and crane your neck, trying to hang onto the strap. Moreover, nothing makes the heathen (I mean the men) rage so furiously as to see a woman standing at the back when there are vacant seats up front.

If anything so unprecedented does occur as the offer of a seat by a man, say "thank you" and take it. Don't embarrass him by giggling or saying, "Oh, thank you, but I'm only going a few blocks. I wouldn't dream of taking your seat," etc. The man feels foolish, and inwardly vows he'll never offer his seat again.

And men, if you don't feel like giving up your seat to a woman, at least you might refrain from deliberately elbowing her out of the way and dropping into the coveted place yourself just in front of her. I saw a well-dressed male of thirty-five do just that the

other day at 4:30 in the afternoon, when he couldn't have been so very tired.

And, girls, if you travel much on the cars, don't wear hatpins the points of which project, or you may find yourself facing an action for damages for seriously injuring someone's eyesight.

And don't—DON'T—conduct street-car flirtations. You are making yourself cheap, inviting criticism, and you may even lose a good position by it. No employer in a reputable concern wants a girl in a responsible position if she cannot conduct herself with dignity in a public place.

THE CRUELTY OF YOUTH

Children and young people generally are the most impatient of all human beings. Youth is proverbially in a hurry. It wants what it wants when it wants it, and every minute seems an hour when it is a question of waiting for the thing desired.

It is only as one grows older that one begins to realize the necessity for calmer and saner judgment and then, too often, one forgets to make allowances for the hot blood of youth. It is because of these apparently irreconcilable characteristics that children and their parents so often fail to agree.

Times change and too many people refuse to change with the times. The dreaming waltz, with its harp obligato, has given place to the one-step and the jazz band and the old-fashioned mother holds up her hands in holy horror at the lift and sway of the fox-trot, forgetting that her mother was equally horrified when quadrilles and lancers gave place to waltzes and two-steps.

Youth makes no allowances for the inability of old (or middle) age to change its viewpoint, and then the trouble begins. Mother is an old fogy, a "stick-in-the-mud," who never wants you to have a good time and thinks you're still about two years old. She objects to Georgette blouses and short skirts and marcel waves. "Gee, wasn't she ever young herself?"

you mutter, and poor mother, acutely conscious of the fact that you are almost despising her lack of style and her old-fashioned ideas, is breaking her heart for love of you, and is wistfully longing for the right word to say to reach that hard little heart of yours. For youth is just as hard and implacable in its way as is old age; just as lacking in understanding, just as intolerant.

Don't you think, you girls who write to me about your beaux and your clothes, that your mother would be pleased to tears if you would take some of your problems to her sometimes? A very smart Montreal woman said to me the other day, "I'm going to the graduation exercises at my daughter's school and I've spent more time and thought designing my costume than I ever have over any outfit, but if just one girl says to my daughter, 'My! your mother has good-looking clothes,' I'll be satisfied. I'll never forget my feeling when I overheard her say to one of my friends, 'you know, mother wouldn't be bad-looking if she'd do her hair decently.'

Another mother, who allowed her only son, a young boy, to go on a farm this summer was so pleased she almost wept when he wrote her, "Mother, I never realized how much you do for me until I came away."

And it is true you never know just how much your mother means until you lose her. Just sit down and think for a moment—who mended the rip under the arm of your Georgette blouse so that it doesn't show? Who fixed the "Jacob's ladder" in your silk hose?

Who washed and ironed your white skirt when you wanted it in a hurry? Who washes the dishes herself to save your hands? Who intervenes when your father threatens to spoil your good times if you can't get home a little earlier at night?

Girls, if you don't like the way mother does her hair, why don't you offer to do it for her? Why don't you give her a shampoo, a face-massage and a manicure some day? She would love it.

In her heart, she is just as fond of pretty clothes as you are, just as anxious to look nice. Tell her you think her hair is pretty, that you love her eyes or her smile and when she does the little kind things that mothers are always doing for their daughters, thank her Be just as polite as you would be to a stranger. Remember what a clever English novelist said, "I don't want anyone to die for me. I'd rather they'd remember to pass the salt."

It is the little everyday acts of courtesy that count in the family circle as well as everywhere else. So remember, to be sweet to your mother. It will mean so much to her. You don't know how you hurt her by rudeness or neglect.

"Youth must be served," but it need not be served by cruelty.

TRAVELLING ALONE

First of all, if you are travelling alone, be sure you have all your reservations correct—that your ticket is for the right train, that your sleeping-car or your chair-car ticket is correct.

Get your sleeping-car reservation far enough in advance to be sure of a lower berth. It is difficult for a woman to scramble in and out of an upper berth and if you have not had sufficient forethought to secure your lower in advance, don't expect the man who has had such forethought to give up his berth to you. I know some women who calmly wait till the last minute, because some nice man will surely give up his berth!

Do not encumber yourself with bags, parcels, coats and umbrellas to the nth degree. The less you have to carry, the happier you will be, and the better you will get along with porters and with your fellow-travellers.

Dress sensibly and quietly. Don't wear a feathered monstrosity on your head, French heels or Georgette crepe blouse on a railway train. You stamp yourself immediately as vulgar and common by such a costume. Wear the darkest, plainest, most inconspicuous clothes you possess, opaque blouse of silk, crepe de chene or some wash material—preferably to match your suit, black or brown boots or Oxfords with

common-sense heels and stockings to match your shoes.

Don't invite flirtations. If you are not looking for trouble, you won't find it. If you should enter into conversation with either man or woman, don't tell the story of your life, your name, address, and income—as some people do with complete strangers—and, above all, don't let a stranger pay for your meals in the dining-car. Be somewhat reserved and dignified and you will get along better. If on a long trip, it is quite permissible to chat with other passengers, but don't be familiar.

On the dining-car, eat sensibly and give the customary ten per cent of your bill as a tip. The waiter is quite satisfied with that if a woman is travelling alone. But if your bill is less than a dollar, give a ten-cent tip, at least.

If you are on the train over-night, you will need night-dress, dark, full-length kimona, brush and comb and customary toilet articles. Soap and towels are in the dressing-room, but it is nicer to carry your own soap.

Perform as much of your toilet in the berth as possible, and do not monopolize the dressing-room a moment longer than is necessary.

Wipe out the basin and tidy up the place when you have finished. Nothing is so disgusting as to come into a room with basin showing water-marks, soiled towel on the basin instead of in the proper receptacle, and hair, powder and pins all over the place. If you have to tidy up after someone else, or ring for the

porter to do so if it is so bad that you simply won't do it yourself, you will learn consideration for others. A porter told me once that women were fifty per cent worse than men in this regard—and women are supposed to be so much neater.

Your tip to the porter should be 25 cents a day or night—50 cents if you are on a day and a night. This is the recognized tip, and he's satisfied with it. Ten cents a bag is the customary tip to a "red-cap."

When you arrive at your destination, if you are to stay at a hotel, take the hotel bus, walk to the desk, ask for the sort of room you want— sign your name, Miss Elsie Smith, Montreal, and go peacefully to your room. Give the bell-boy ten cents for carrying up your bag.

MAN PROPOSES—NOT

Over and over again, in the years I have been conducting this page, girls have written to me saying, "I am very much in love with a young man who seems to like me. He comes to see me, and he takes me out, and some times he refers to our future together, but he doesn't actually propose. What can I do about it?"

That's a hard question to answer, and it is a difficult position for any girl. Custom has decreed that man shall take the initiative and the girl who does so, is at a disadvantage for the rest of her life not only in the eyes of the man, but in her own eyes.

The girl cannot see wherein she is to blame, but she never knows just what trifle is "getting on his nerves". Men scoff at "nerves" as being a purely femine ailment, but I have never known a man, especially one who did brain work of any kind, who didn't have nerves that were just as sensitive as a woman's. If more women would understand that possibly they would be more sympathetic when "Husband" comes home tired, cross and "all on edge" after a trying day at the office.

It is surprising how little things will affect a man's judgment of a girl. I know a man who says he positively could not ever like a girl who wore white stockings with black boots and a dark skirt. One

glimpse of the combination makes him declare again, "Oh, how I hate that effect," and he is immediately prejudiced against the girl wearing it.

Another man declares he would not marry a girl who wears her evening clothes to the office—in other words, who wears a sheer Georgette blouse with a bit of lace and ribbon underneath in a place of business.

"She may look as pretty as a rose," he says, "but it isn't the place for her to wear that blouse, and the very fact that she could put it on with serene unconsciousness of the fact that she is most unsuitably attired, proves that she is not the sort of girl I want for a wife."

Perhaps it is the way you keep your hands, or the way you dress your hair, or the rouge you use, or your run-down shoes, or some other thing that appears trifling to you, but looms large to him.

Perhaps it is not your physical appearance at all, but your manner. Perhaps you are too gushing, too "easy" or too cold, instead of maintaining a happy medium of dignity and gracious charm of friendliness. Perhaps you are so afraid of seeming to throw yourself at his head that you "lean over backward" and you freeze him out.

Study the man. If you find he hates to hear you "knock" other girls (and most men do "hate it, like poison"), restrain your biting tongue. If you find he hates sarcasm and most men feel they are being "made a fool" of, when you are sarcastic at their expense, keep your caustic wit for someone else. If you find he loves the domestic type of girl, cook the

dinner you ask him to eat, or let him find you knitting or sewing. Find out what he reads, and read the same things. Study his hobby so you may discuss it intelligently with him. If he makes a statement with which you disagree, don't contradict him flatly, "Bide a wee."

Don't forget to mother him a little. Men never grow up. They are always small boys at heart, and that is why a woman is always older than a man of the same age. Her maternal instinct shows her the spoiled child beneath the man.

Every married woman learns that fact very early in her matrimonial career—if she makes a success of it. She knows that judicious petting goes considerably farther than nagging and that a pleased interest in his affairs will carry you a longer distance than an attempt to interest him in yours.

Get him talking about the days when he was seven to eleven, and think of him as if he were still that age, a dirty little kid quarreling over his marbles—instead of the immaculately groomed young man you hope to marry. He is that small boy still—in his heart—and if you have the great big mother-heart you ought to have, you'll be so full of love and sympathy for your small boy that you will forget to be self-conscious and prim and stand-offish, and first thing you know, you will hear him speak the magic words that will transform you from Miss to Mrs.

THE GOSSIP HABIT

Nothing more profoundly true has even been written than the words, "Evil is wrought by want of thought, as well as by want of heart."

Aren't you always being "brought up sharp" by the realization that some idle, careless speech of yours, which you did not intend to hurt anyone, has been repeated in such a way that it has caused untold trouble to everyone concerned?

So few people in the world have sufficiently accurate memories to report a speech correctly, that it is better not to report it at all. The best rule to make is not to repeat what anyone has said to you about their personal affairs or about the affairs of their friends, and then you will not get into trouble. Add to that rule the resolution to say something nice about a person under discussion or to keep quiet, and you will die happy and beloved.

All of us gossip. There is no denying the fact that conversation would be shorn of much of its interest did we confine it to impersonal subjects. The most interesting study of mankind—not to speak of womankind—is man, but if we would make our study friendly and not hostile, the world would be a much happier place of abode, wouldn't it? Perhaps the Lord planted the unfriendly gossip in our midst so that we would be willing to be translated to another sphere when our time on earth is ended.

The manager of a department in a big Canadian store told me an interesting story not long ago of how one unfriendly gossip had hurt his business. A lady had entered the store just at the close of the stock-taking sale when things had been marked down—in some cases about fifty per cent. She saw an article she liked, which was priced at six dollars, but she said she would like to look around some other shops before she decided.

The clerks were busily engaged in re-marking the stock back to original prices, and when the lady returned, the article she wanted had been restored to its original price, nine dollars.

Without waiting for any explanation, the lady flounced out of the shop, declaring she would not trade with people who marked their goods up inside of half-an-hour just because they knew someone wanted the thing. She told all her friends about it, and her husband told all his friends. As they happened to move in the same circle as the manager who told me the story, it was not long before it came back to him, and then to the manager of another department.

As he said: "We would rather have given the article to her than to have had her tell a story like that all over the city. If she had explained the circumstances to the manager of the department, he would have sold her the article at the cut price, but she did not wait for any explanation. She simply marched out, 'boiling mad,' and told her version of the incident wherever it would hurt us." She was ready to be hurt.

Place yourself in a friendly attitude towards people, and you will find that they almost invariably respond with corresponding friendliness, but if you are always prepared for the worst—you'll get it.

Don't believe the worst, even when you think you're sure of it.

Even seeing is not always believing. And as for paying any attention to gossip repeated to you—the unkind thing someone tells you that a friend of yours said behind your back—well—you will be permanently unhappy if you allow these things to worry you. Much depends on the context, and on the inflection of the voice. The remark that may have been made laughingly, may be repeated so that it sounds absolutely different. Don't be too ready to be hurt.

The Bible is full of texts to support the charitably-inclined. "Judge not that ye be not judged." "The greatest of these is charity." "Let him that is without sin cast the first stone."—one could multiply text upon text. And if you want more wordly reasons —Charity of thought and speech pays a thousand times over in the respect and love of others.

"SAY IT WITH OIL"

Apologies are due to Mr. Ring Lardner, the noted humorist, for this title. It was at the head of an article of his on "Wives" in a recent issue of an American magazine. With Mr. Lardner's ability to sum up a whole chapter in one short and pithy phrase, he has given us in this terse bit of slang, a sermon on the reasons why so many marriages are unsuccessful.

For a marriage is not shipwrecked as a rule, on the big things in life. Most of us can arise to the occasion when it is a case of death, or serious illness, or bankruptcy, or a fire, or a terrible accident and, after all, there are comparatively few who have to suffer these ills. But it is the eternal jarring little frictions of everyday life that wear down our nerves and tempers and spirits and make us ask the age-old question, "Is marriage a failure"? And everyone knows that nothing subdues friction so well as a little oil poured gently on the rough places.

Sometimes I wonder that there are so many successful marriages and so comparatively few unhappy ones. Nature runs so to the law of opposites and if you take two utterly opposing temperaments, brought up, perhaps, in two totally different environments, different religions, different kinds of education and put them together in one house to face the slings and arrows of life, to have and to hold, in sickness and

health, till death do them part, isn't it a miracle—isn't it a triumph of God, that human nature stands the strain?

To women must be given much of the credit for the success of marriage, as an institution. Wise old William Shakespeare said, "Men are April when they woo, December when they wed," and many a startled girl-bride has first awakened to that fact when she burned the beefsteak or forgot to put salt in the porridge. Men arise magnificently to emergencies but bless their dear, stupid, blundering hearts, how they do foozle the trifles which, by the very nature of things, form the greater part of woman's life.

Marriage, to the average man, is an incident. If things don't go right at the house, he immerses himself in his business or betakes himself to his lodge, his club, the golf-links, or any of the myriad things devised for the relief of the lords of creation.

But woman! Poor dear, from the cradle she has been taught that marriage is the supreme business of her life. If she fails to make the goal, she must have been despised and rejected of men. If she does make it, and by no fault of her own, perhaps, the venture is not successful, it is she who bears the stigma of the failure for the world, in 999 cases out of a thousand, blames the woman, without pausing to investigate the reasons pro and con.

And so the woman quirks a whimsical eye, or casts a despairing one, according to her nature, on her lord and master and whenever matrimonial friction arises,

casts oil on the troubled waters and so long as the cruse of oil and her stock of patience holds out, so long will her marriage be successful.

But what about man—is the cruse of oil a necessary part of his stock in the marriage partnership? It is—but most of them don't know it and never declared a dividend. A man will eat perfectly-cooked meals three hundred and sixty-four days in the year without opening his mouth, except to ask for a second helping, but if, on the three hundred and sixty-fifth day, the stove has been possessed of the devil, the roast is not properly cooked and the pudding has fallen, does he say anything?

He does—"a mouthful!"

"Can't we ever have anything properly cooked in this house! If you can't get a servant who knows how to do things, it's a wonder you wouldn't go into the kitchen yourself once in a while instead of spending your afternoons playing bridge. This is a nice meal to hand a man after a hard day's work———" and so on, ad infinitum, ad nauseam. And the wife, if she is wise, though she have murder in her heart, arises without a word, cooks some bacon and eggs, ever-present help in time of trouble, opens a jar of jam, and with her own appetite completely gone, feeds her hungry mate until he returns to normal.

Does he express any appreciation of these little attentions? Not so you would notice it! Doesn't he pay for the food? Why should he grateful for it?

The truth is that the average man ceases to regard his wife as a person after the first year of married life.

He pays no attention to her conversation; never comments on her clothes, except to tell her he hates the frock she is wearing and as for paying her a compliment—why should he? Does she not belong to him? That ought to be enough joy for her. Why gild the lily, or paint the rose?

If he but knew it, a woman will work till she drops for the man who knows how to "say it with oil", for the man who says, "Dearest, you don't know how I appreciate your work in the house. It means so much to me to come home to your perfect little dinners, to a house all clean and shining, and a wife who always greets me with a smile and a kiss." What would she care for the burned finger, the sick headache, the annoyances of the plumber and the laundry man if she had a husband who talked like that?

What would she care for the struggles she had made to match her old frock so that it might be turned and re-made if her husband would say, "You know, dear, I love that shade of blue on you. It brings out the color of your eyes. It is wonderful, the way you manage to look so well-dressed when you have so little to do with. By jove, it is great for a man to have such a charming little wife. It gives me new heart for my work."

Would she perform prodigies of economy, miracles of dollar-stretching for a man like that? She certainly would!

Housework, sewing, patching, mending are sufficiently drab and monotonous in themselves and if

you struggle on in a thick fog of silence, broken only by complaints—well, what's the use?

Say it with oil, husbands. If your wife does something you like, tell her you are proud of her. Give her a word of praise and appreciation. Let her know she is still the only woman in the world for you. Bring her an occasional present, even if it isn't her birthday or Christmas. A box of candy, a few flowers, a pair of silk stockings—none of these things will break you, and they will mean so much to the woman to whom you are the universe, who is happy or wretched as you smile or frown. Don't keep your bad temper for the family. Don't vent the results of a "rotten" day at the office on your unfortunate household. Don't be a street saint and a house devil. Show some of the charm and good fellowship that make you successful in the world, to your wife.

Say it with oil, and you will be surprised to see how smoothly the matrimonial wheels will run.

THE MIDDLE-AGED WIFE

Sometimes I wonder if there is anything on earth quite as pathetic as the woman who is slowly awakening to the facts of middle age. Perhaps she has been a pretty girl and cannot forget the fact; perhaps she has had a busy life, ordering her household and her children and in all the rush and bustle of cooking and housekeeping, sewing and nursing, she has not noticed the relentless march of the years.

Suddenly she realizes that her occupation is gone; her children have either married or have withdrawn from her as is the cruel way of youth towards its elders. They have their own amusements, their own occupations and they regard her as a hopeless old fogy.

She has thought herself too busy to bother with her daily rites of beauty, the hundred strokes of her hair, the attention to her nails and teeth, the proper grooming of her body. She is fat and lumpy and her hair is thin and badly tended, her nails are broken and ragged,—in short, she is a middle-aged woman.

Her husband has his clubs, his poker-games, his gymnasium, his political meetings, his luncheons with business acquaintances, his daily revivifying contacts with his fellow-men. Ten years older than she, he looks ten years younger because he is alive to his finger-tips with the bustle and animation of his well-filled days.

For years she has been too busy with her petty household cares, too absorbed in the welfare of her children to give him the companionship he craves and so he has learned to seek it elsewhere. Too late she sees that she has become to him a habit, not a necessity.

What is she to do?

You have only to look around you to see some of the answers to this question. The most pathetic of all figures, to my mind, is the woman who strives to bring back her youthful beauty by rouge, dyed hair and bright-colored clothes which only mock the inescapable lines and wrinkles of her face.

What a tragedy is there! A tragedy that the unthinking find a comedy at which to snicker and sneer when really they should weep to think what longings, what tears, what heart-breaks lie beneath the too-bright exterior.

Sometimes she flies to the other extreme, adopts black as a livery, wears aggressively common-sense shoes, goes in for clubs and "good works" and announces ostentatiously in manner and speech that frivolities have no place in the life of an "old woman."

But if she has brains, she will sit down and take stock of herself, her assets and liabilities, her successes and her failures. And she will reconstruct her life in accordance with the result of her stock-taking.

First of all she will go to a good doctor and have a thorough physical examination, for without health no project can succeed, and she will do exactly what he tells her to do. She will visit the dentist and the

oculist and she will have, insofar as is humanly possible, all her physical troubles corrected.

Next she will go to a beauty parlor and have her hair dressed becomingly, her face massaged and her nails manicured for there is no reason why the middle-aged woman should not be beautiful with dignity appropriate to her age.

Then she will go to the best dressmaker she can afford and consult with her as to the styles and colors most appropriate to her face and figure and she will ask the dressmaker to be absolutely honest. Many a dressmaker, with protest in her heart, makes inappropriate clothes because she cannot afford to offend a customer when her whole artistic soul is in revolt.

Last, and the most important of all, she will readjust her mental processes. She will play the game with her husband. She will read the things he reads, be interested in his interests. If he is a golf fiend, she will take up golf; if he loves vaudeville and lothes grand opera, she will refrain from criticism of his tastes and go with him to see his favorite comedian; she will try as hard to captivate him as she did in the days when she was lying awake nights wondering if he really intended to propose and with the added advantage of twenty years' knowledge of his tastes and temper, it would be a stupid woman indeed who could not accomplish her purpose.

There is no reason why middle age should not be the most beautiful period of your life. Like late summer it should be mellow and ripe with mature

beauty. The haste, the intolerance, the gusty emotions, the snap judgments of youths are past. Life moves at a slower pace. You should have time for the recreations and studies which you have neglected for so long. You should be able to resume your paintings, your music, your literary studies, your wood-carving—whatever you most liked and had no time to accomplish. You are never too old to learn.

Do not let the bugbear of old age frighten you. Do you know those beautiful verses of Browning's "Prospice," to my mind one of the most inspiring poems in the English language? It was written in the autumn following Mrs. Browning's death and what a revelation it is of courage and of right living. It is something for the middle-aged or discouraged to keep ever before them.

Fear death?—to feel the fog in my throat,
The mist in my face,
When the snows begin, and the blasts denote
I am nearing the place,
The power of the night, the press of the storm,
The post of the foe;
Where he stands, the Arch Fear in a visible form,
Yet the strong man must go;
For the journey is done and the summit attained,
And the barriers fall,
Though a battle's to fight ere the guerdon be gained,
The reward of it all.

I was ever a fighter, so—one fight more,
The best and the last!
I would hate that death bandaged my eyes and forbore
And bade me creep past.
No! Let me taste the whole of it, fare like my peers
The heroes of old,
Bear the brunt, in a minute pay glad life's arrears
Of pain, darkness and cold.
For sudden the worst turns the best to the brave,
The black minute's at end,
And the elements' rage, the fiend-voices that rave,
Shall dwindle, shall blend,
Shall change, shall become first a peace out of pain,
Then a light, then thy breast,
O thou soul of my soul! I shall clasp thee again,
And with God be the rest!

"For sudden the worst turns the best to the brave." That alone is a thought to carry with us always. "And with God be the rest."

THE WEDDING PESTS

The other night, a story appeared of the work given to the porters and cleaners at railway stations by the amount of rice and confetti thrown at honeymooners embarking on their wedding-trips.

Isn't it ridiculous that the beginning of the most solemn thing in life, the establishment of a new home, should be made absurd by vulgar "practical jokes," by all the conspicuous fanfare of cow-bells, horns, old shoes and other devices calculated to disturb and annoy.

Sometimes these practical jokes take a form which is calculated to wound and humilate the sensitive spirit of an innocent young girl at a moment when she should be full of rose-hued light and joy.

Marriage is spoken of as a "solemnization," but too frequently it is treated as just a jollification, a sort of Roman holiday in which everyone is gay but the two who are being pilloried to make merriment for their so-called friends.

In olden times, the "shivaree" was a popular form of amusement. Now, that custom has died out and I think—and hope, that in the near future, all this travesty of marriage will cease and that people will be allowed to enter the "state of holy matrimony" with due regard for its more serious aspects, rather than for the frivolities of "showers," luncheons,

bridges, teas, dinners and dances that seem to be the inevitable accompaniment of a fashionable wedding.

What with all this entertaining, the fittings for her trousseau, the acknowledgment of her wedding gifts and the planning for her wedding, the poor little bride has not much time for reflection, and probably arrives at her wedding-day, tired and nervous and overwrought, only to be subjected to the "merry jests" of the wedding pests who, in the name of fun, make mock of everything that should be most holy and sacred.

THE GOOD SPORT

The most overworked phrase in the modern language is "be a sport." The average girl thinks she has received the highest encomium in the gift of her fellows if someone says she is a "good sport."

And so she has if the words are meant in the right way; if they mean that she is fair and square in all her dealings, that she plays the game and doesn't cheat, that she always gives the other girl a shade the best of it and not a shade the worst, that she does not take advantage of peculiar circumstances to work things about so that they "fall right" for her and wrong for the other person—in short, a "good sport" is really another way of expressing the personality of the girl who follows the golden rule, "Do unto others as you would have them do unto you."

There are many girls who have the mistaken idea that being a good sport means you must smoke and drink, run about with married men and be just a little bit "fast."

Never were they more mistaken! It is always a poor sport who breaks the rules of the game, who tampers with some other woman's property, and who "welshes" on the deal she has made herself. It makes no difference if the game has gone against you. It's easy enough to be a good sport when everything is going well and you are winning. The true test comes when things are going badly and you can turn

the scale in your favor by just a little dishonesty—a pretence of illness; a taking advantage of your opponent's weakness. If you resist that temptation, you are indeed a sport. I loved the story of the man, in a recent foot-race, who, when his opponent stumbled and fell, scorned to take advantage of the incident, but stopped to wait until they could start on equal terms again. That is sportmanship in the truest and highest sense.

It is the form of sportmanship in which, I regret to say, women are too often sadly lacking. We have been brought up to trick ourselves out in pretty clothes, to curl our straight locks, to have charming manners, to assume a virtue if we have it not, to be all things to all men—small wonder if we sometimes find it hard to play the game.

Men, on the contrary, grow up with the team spirit inculcated in them at home and abroad. If they don't play fair at school they "jolly well get what's coming to them" and they soon learn to take their medicine. "Honor of a Scout" means a great deal and it includes a spirit of sportsmanship that we would all do well to adopt.

Be a good sport in the true sense of the word, try to play fair with your girl friends and your boy friends too, and you will find it really pays in every way, not only in your own self-respect, but in the respect of others.

YOURSELF AND YOU

Mr. George Bernard Shaw appears to be the "complete egotist," according to newspaper reports of his remarks on being offered a seat in the House of Commons. He says!

"Why should I plead with the citizens of West Edinburgh to allow me to waste my time at Westminister for a salary on which I could not live, when I can command a far more eligible position and much larger emoluments as the leading member of my profession?

"If the Labor party—or any other party—will guarantee an unopposed election and a salary of £4,000 a year, with a handsome pension, I may at least consider the proposition."

Shaw states he would rather drown himself than narrow his audience from civilized mankind to a handful of bewildered commercial gentlemen at Westminister.

One could go into a long diversion here about the impossibility of getting poor but honest men to go into the business of government where the "emolument" is not sufficient to keep their families without the aid of other sources of income, but the real point of Mr. Shaw's egotism is that it has paid—and paid well.

Most of us are kept from doing all that we might—and could—by lack of self-confidence. And by self-confidence, I do not mean conceit. Conceit is over estimating your ability; self-confidence is a calm and just appreciation of the qualities that will enable you to make good on the job you undertake to do.

Bragging and boasting are often inspired by lack of confidence—a sort of whistling to keep your courage up but a constant self-depreciation is just as annoying to your friends and much more destructive to yourself.

It puts you into a permanent "nobody loves me" attitude. If you constantly say, "I'm no good," not only you, but other people, will begin to believe it and you will end by being no good.

If you are confronted by a task which looks too hard for you, don't throw up your hands and say, "Oh, I can't do that. I haven't the brains. I'm sure I'll fall down on the job."

Instead, put every ounce of grey matter and energy you possess into "the job" and there will be no question of your making good. You can't fail. When people see you are honestly trying, they will help you. The world may seem cruel but there are always plenty of helping hands out-stretched to the honest worker, the one who by his own courage and optimism, shows that he believes in himself.

Pessimism does not pay.

"I like to talk to myself," said an American humorist, "because then I know I'm talking to a sensible man."

If you do talk to yourself, talk cheerfully and encouragingly. Don't sit down and say, "What a miserable failure I am. I never succeed in anything I try to do. I have the rottenest luck of anyone I know. Everything I try to do goes wrong. What's the use of trying?"

Talk to yourself as you would to anyone else if you were trying to cheer them up. One mistake does not bar you from success forever. If you never made mistakes, you would not be human. The most successful man on earth has moments when he is discouraged and blue, or else he would not be successful, for men rise "on stepping stones of their dead selves to higher things."

Forget your mistakes. Say to yourself—"Well, that's that. What did it teach me?" If it taught you not to make that mistake again, charge it up to experience and go on to something better. Don't lose heart, and don't be morbid.

If you've had a bad fall, it doesn't help you any to cry. Pick yourself up, pin a grin on your face so tight that it can't come off and start over again.

If you love yourself intelligently it will help you to obey the Scriptural injunction of love others as you you do yourself. If you hate yourself, you're not much good to God or man.

So why not make a little partnership between yourself and you? Don't do anything of which your other self does not approve. Talk it all out with yourself and learn to respect your own judgment, for self-respect is a pretty good foundation for success.

MANNERS MAKE THE WOMAN

What is it that makes one person stand out in your memory when you come home from a party or a trip you have made? Is it beauty, manner, clothes or that elusive something which for want of a better name, we call personality?

Some women were discussing someone the other day and one of them said, "The average woman thinks beauty is the one thing needful, that if she possesses a pretty face she does not need anything else. but she makes a great mistake. A man is attracted by a pretty face but it cannot hold him."

"Yes, that's true," remarked a woman who had just returned from England. "On our boat we had a girl who really was a beauty. For the first two days she had every man on the boat around her but after that they left her absolutely alone. She couldn't talk about anything on earth but herself and her clothes, and she spent all her time changing her costumes."

A man sitting in the crowd laughed. "It is only the youngster who cares about her clothes and a pretty face. A man wants brains, intelligence, companionship. If a woman's face sparkles with wit, good humor and understanding, what do I care for the shape of her nose and the color of her eyes?"

A third woman spoke up:—"I don't care about a woman's appearance nor her clothes, provided she

does not make herself conspicuous by her attire, but I do like a woman who is sweet and gracious in her manner and who is not always trying to impress me with the fact that she is, in every respect, much better than I. How I hate being made to feel uncomfortable in the nasty, pin-pricking way some women have of humiliating you.

"I have one friend who never, by any chance, tells me I am looking well or admires any of my possessions. If I have on a new frock, she looks me up and down, then turns her head away with an expression of contempt as much as to say she never saw anything quite as unbecoming. I squirm with rage but can say nothing. If I get new furniture, rugs, curtains—she ignores them in the same way. I could choke her!"

The vindictive tone of this last speech made us all laugh and the first woman said reflectively: "I know her too but the people who annoy me excessively are those who do not know how to thank you for a present. I spend a great deal of time and thought on presents—because I love to give and it makes me furious to spend hours looking for just the right thing and to receive a correspondence card on which is scrawled in a large hand, 'thanks so much for the pretty gift,' and then never to hear of it again; never to know if she liked the color or the material, if it fitted or matched or anything about it. I think people should take a special course in learning how to say, 'thank you' prettily.

"I suppose it is a matter of education, breeding, the way you are brought up, but it does seem to me

that the ability to show appreciation of gifts or entertainment should certainly be inculcated in every human being. Even a dog will lick your hand and wag his tail to show you how much he likes his bone, but humans will come to your house, eat the dinner on which you have spent hours of thought and trouble and never say they liked a thing they had to eat."

"Oh well, poor things, they probably just growed," laughed one of the gossiping group, "I want to bring up my daughter to have charming manners and as long as she has these and her health, I don't care about her looks."

NERVES AND DECORATION

Spring is the time of year when we are all concerned with our houses. If we are moving, we usually plan to have at least some of the rooms in the new house re-decorated and if we are so fortunate as to be firmly ensconced in our own homes, we usually are in the throes of spring cleaning, which may involve re-papering, and generally means a renewal of at least some of the coverings for your furniture.

Doctors nowadays are telling us that quite apart from diet and physical disabilities, your health or at least your disposition and nerves are largely influenced by your surroundings and even by the color schemes of your rooms. You may scoff at this theory, but if you pause to think a moment you will realize that there is a great deal of truth in this idea.

If you are at all sensitive to environment, you know that a room all cluttered up with furniture, with no regard to color scheme or arrangement, gives you an immediate feeling of discomfort and if you have ever been ill in a room which has one of those violent wallpapers with birds and flowers and vivid colorings, you will be converted to the idea of plain papers. Hospitals always have walls of plain, neutral tints and you, too, if not quite so spartan in your simplicity of decoration, will soon find that it has its advantages.

Many people have adopted the plan of having the whole downstairs, drawing-room, dining-room and hall done in the same paper, a neutral shade with no, or else a small, unobstrusive pattern. Cool tans, creamy putties, restful greys, or flat deep creams or biscuits are the colors most in favor. These harmonize perfectly with the lighter fabrics for summer and also contrast well with richer, winter furnishings. Avoid pronounced patterns as you would the plague. Papers of the plainer sort give you an impression of airiness and space and have the effect of making your house look larger, besides being much more restful for your eyes and nerves.

Bedrooms in soft stripes or rather indeterminate patterns and colorings with the color in your chintze or one of the pretty bright-colored fabrics now used for hangings, will be much more successful than a large-patterned paper combined with colorful hangings and coverings. If you are doubtful as to colors, keep this division in your mind:—cool colors are white, green, ivory, grey, mauve, blue and biscuit; warm colors are red, pink, black, purple, brown, and orange.

An elimination of pictures and ornaments, until you have just enough to make a pleasant break in the monotony of walls; slip-covers in cool Holland linen or in bright, gay chintzes or cretonnes for your chairs and sofas, small, dark-toned rugs which may be lifted for cleaning, and simple, white curtains with over-drapes of the same chintz as your coverings or in some plain color to correspond with the color-note

of the chintz, and your house will look like a new place at a comparatively small expenditure.

Try it and see if your family does not respond to the change and if you, too, do not feel better and healthier and more fit for your household duties when you are surrounded by bright, clean, restful colorings.

THE NAGGING DAUGHTER

We have had a number of letters recently about the nagging mother, and I am wondering if anyone knows, as I have known, the nagging daughter, she who has up-to-date ideas about dress fads, social stunts, ragtime melodies, jazz bands, new dances and bobbed hair—in short, the average daughter of the day.

I sat, at a luncheon the other day, between two mothers of such daughters who were comparing notes. One said, "My daughter looked me over and said 'You really look quite decent, mother, when you, take time to dress. You went out looking like a frump yesterday."

The other said, "If I ever am dressed so that my daughter approves of my hair, clothes, shoes and jewellery, I'll probably die from the shock. She thinks I am so hopelessly out-of-date that I feel like something out of Godey's Magazine after she is through with her criticism."

A third chimed in, "My daughter seems to think I never had any youth, that I should be laid away in lavender and old lace on the top shelf, that I have no brains, no style, and what is still more important, no 'pep.' If I mildly suggest a chaperon, she shrieks with glee and says, 'Oh, mother, you're so old-fashioned.' If I say that something she does or

says is not ladylike, she says 'ladies have gone out of style.' Really, I don't know what to do with her."

A fourth laughed happily, "After all, you know, I think it's rather fun to have my daughter nag me. She does my hair because she doesn't like my way of doing it and her father thinks her way is prettier than mine. She keeps me up-to-date in clothes, music and books and makes me feel years younger. She puts me in shoes that hurt, and dresses that I find impertinently young, but I find my reward in the fact that we're really awfully good friends and she doesn't mind my trotting along with her to matinees, tea-dances and movies. Many of the things she does, I don't enjoy—I'd rather get into heelless slippers and a kimona or go to bed, but I think it pays to live her life. I know she won't live mine—and someone has to give way.

"Left to myself, I'd soon drop into middle-age but daughter keeps me up to the mark and I'd really feel badly if she didn't nag me."

Everyone laughed but the first two speakers looked rather thoughtful and somehow I think their nagging daughters will receive a little more sympathy next time they nag.

"SITTING PRETTY"

There is a poker term which always amuses me—"sitting pretty." For the benefit of those who do not understand the phraseology of the game, I will explain that this means you have such a good hand, you do not need to draw cards—you stand pat, perfectly satisfied. Needless to say, that is a very desirable state of affairs and so the phrase has gradually been applied to other things as well as poker—to a man's circumstances in business or society—"he's sitting pretty."

Sometimes I wonder if that isn't what is the matter with the world today. Everyone wants to sit pretty but nobody or at least very few—wants to work to bring about that condition. The man who has worked all his life has a right to sit pretty in his old age but the trouble is with the younger people.

Blame it on the automobile, blame it on the movies, blame it on jazz—blame it on what you will, but the fact remains that the modern youth doesn't want to soil his hands with manual labor and the modern girl certainly doesn't intend to soil her's peeling potatoes, or scrubbing the kitchen floor.

She wants to sit pretty on the Chesterfield or at the wheel of a fast roadster, and the only physical exertion she desires is golf, tennis or jazz.

A man who has several children between the ages of eighteen and twenty-five said to me recently, "I don't know what is going to become of my kids. They don't know how to do anything but drive the car and play golf, and they don't want to know Their friends are all the same—it frightens me. Ten dollars to 'blow in' on candy, ice cream, cigarettes, is nothing. The girls think a hat at fifteen dollars is a joke—ridiculously cheap and a frock for fifty is impossible. When I was their age, I 'sweat blood' for fifteen dollars at the hardest kind of labor. I'm glad I can give them these things but I won't always be here. Will my girls marry men who can give them these luxuries? Will my boys be able to give them to their wives? I'd like to know."

A much younger man said of his three children—the oldest is nine—"Every Saturday I have to give each of my youngsters a quarter, fifteen cents for the movies and ten cents for an ice cream cone and candy. When I was their age, I never saw a quarter. A cent was all I ever expected and a nickel was untold wealth. By the time they're twenty, I hope I'll be making enough money to satisfy them."

True it is that five cents has about the purchasing power a cent had in those almost forgotten days before the war—and when even the younger of these two fathers was a child, the movies had not been invented.

Life grows more complicated every day and one wonders how things are going to end. I heard one girl mutter rebelliously as she saw another woman step into her car, "You might as well be dead as not

to own a car nowadays," and as for marrying a man who cannot give her a car, a maid, an apartment in the city and a house in the country—not she!

She has seen too many women marry, and have to spend the rest of their lives in a poky flat, bringing up kids, and losing their looks without having any fun out of life. Not for her!

Sitting pretty! That's what we all want, and it is only natural but you can't "get that way" without working for it and unless the youth of Canada come down to earth and go to work, this country is due for an awful slump and the native Canadian will soon be a drug on the market.

If our girls are going to be afraid to marry young because they may have a few years of hard work; if our boys want nothing but "white-collar jobs," Canada cannot hope to ever become a great nation.

Our boys must take off their coats and dig and our girls must put on their gingham aprons and learn to cook and sew and scrub and clean. You can't keep house out of a tin can, even if the manufacturers do give you everything in tins from soup to nuts.

You must work in your youth if you want to sit pretty in the forties, fifties and sixties. It wasn't luck that landed the man higher up in his managerial chair or the woman you envy in her position. They worked. They lived with their jobs, ate and slept with them and if you want to get to the top, you too, will have to start at the foundation and build the chair in which some day you will have a right to sit pretty.

WHAT IS ECONOMY?

We have had a great many letters lately from housekeepers who are bringing up families on very small incomes and one of the surprising things about the budgets presented is the varying viewpoint as to what constitutes economy.

Not surprising, perhaps, if you stop to think of your own standard of living and remember the things you say you can't afford and think of the things you "really must have." That is why it is amusing to see how one housekeeper includes money for movies and other amusements in her budget quite as a matter of course and another says, "we never spend money on movies. We have a gramophone and entertain ourselves."

One says, "I cannot afford to entertain" and another says, "I can always ask my friends for a meal."

What is economy?

Anthony Hope in the charming "Dolly Dialogues" said: "Economy is doing without something you want now for the sake of something you may want at some future date which when that day comes you probably won't want." Some people seem to base their ideas of economy on just that theme.

But Anthony Hope's somewhat frivolous definition had a rather serious set-back during the war when most of us had so many severe shocks to our bank

accounts that the poor things have never quite recovered their pristine glory.

Alas for the dear dead days beyond recall when bacon was nineteen cents a pound, the best cuts of beef were twenty-five cents, a well located heated apartment was $55 a month, you could take a cab anywhere for a quarter and gasoline was sixteen cents a gallon.

Prehistoric? Not at all. Just ante-bellum.

But as prices soared and the landlords joined the tribe of Jesse James, the wise woman decided to let economy become her slogan and began to cut her expenses wherever possible.

Where possible—aye, there's the rub! You may economize on food, and be extravagant on clothing—or vice-versa; you may consider it absolutely necessary to your social welfare to live in the most fashionable neighborhood and therefore you may spend an amount on rent which would pay the total living expenses of a family in another sphere of society; you may find an automobile looms so large in your list of wants that you will disregard real necessities in order to have this luxury; and so it goes.

I know of a case where a woman in poor circumstances bought herself a real seal coat with the money from her husband's life insurance while her children were insufficiently clothed and fed. Neighbors reported the case to the Children's Aid Society and the woman was brought before the court. The magistrate asked the woman why she did such a thing and weeping bitterly, she replied: "Your honor, I can't

explain it, but all my life, I have wanted a seal coat and when I had the money in my hands, I had to have that coat."

Most of us have in our minds things we must have —and not only in our minds. Women of average incomes could cut their expenses by a third if it were not for the things they or their husbands or children regard as necessities. Oriental rugs, paintings, gramophones, automobiles, memberships in expensive clubs, theatre tickets. luncheons, teas or dinners in restaurants. silk stockings, heated apartments in central districts—you "have to have" them.

Yes—then, what is economy?

It is to make your wants conform to your income, not to indulge a "champagne taste on a beer income," to use the old phrase; to put regularly a certain amount of your salary into the bank and when it becomes big enough, to put it into a safe and sane investment; it is always to spend a little less than you earn. As for your methods of economy that is up to you—it depends on what you "have to have."

HOW TO BE LUCKY

People talk a great deal about "luck" The man or woman who is unsuccessful says, "Oh, it's just my rotten luck," whenever anything goes wrong, and puts it down to another effort of Providence to "get even with" him.

Why Providence should single out anyone for bad luck, it is a little difficult for any unprejudiced observer to understand. If you will quite calmly and dispassionately sit down and look over your own life, you will readily see that your "bad luck" is the result of your own carelessness and lack of attention to some vital principle on which success depends.

The poor boy who has to depend on his own exertions for success, looks at the rich man's son who has everything without effort, and says enviously, "Some people have all the luck."

But how many men do you know who started with an inherited fortune and lost it all through unwise speculation or dissipation, and how many rich men do you know who started as poor boys, struggled through all sorts of vicissitudes, and became rich through their own exertions?

There is only one royal recipe to "luck" and that is—work.

If you spend two-thirds of your time at recreation and one-third at work, you may lower your handicap

on the golf-course, but you won't raise your salary at the office. If you spend your evenings joy-riding, theatre-going, dancing or at "petting-parties" you may think you're having a "whale of a time," but don't grumble if "that old stick-in-the-mud, Smith, who spends every evening boning away at dry old books," beats you in the race for promotion.

You choose your own luck.

Patience and perseverence are the two chief ingredients in it and it doesn't come by wishing, It is no use to sigh heavily and say, "Oh, if I only had some luck."

The most idiotic wooing of luck I know is the chain-letter. Several copies of one form have been sent to me and it reads to the effect that this letter was started by an American officer and when it has gone three times round the world it will bring good luck to all those concerned in it. Copy this out nine times and send to nine friends and you will have have good luck. Break the chain and some terrible thing will happen to you. A long string of names of those who have already complied with this modest (?) request is attached to these samples of human credulty.

Like Ring Lardner, I am a "terminus" for the chain letter. Every one that reaches me promptly goes into the waste-paper basket and so far, I am still able to eat three meals a day and "hold down my job"—two prime requisites for "good luck."

The only luck I can see in the chain-letter is that of the paper and ink manufacturers and the postal

authorities since the consumption of ink, paper and stamps must be assisted by this annoying mania.

As Mr. Lardner pointed out, in his humorous article on this subject, Carnegie and Rockefeller didn't get rich by chain-letters, nor did any of the great musicians, artists or scientists attain fame in that way.

They "buckled down to work," or they didn't get there—that's all there is, there isn't any more, where luck is concerned. Superstition never got you anywhere, but "early to bed and early to rise makes you healthy, wealthy and wise" isn't a superstition, it's a maxim founded on common sense. Getting up early with a clear head and a body refreshed by seven or eight hours of sound sleep in a clean, well-ventilated room means that you are in good shape for the day's work ahead of you.

Influence can get you a job—may even keep you in one—but unless you are a "go-getter" yourself, influence can't push you up the ladder of fame or success.

The greatest luck in the world is to be able to stand on your own feet or as one two-fisted person impolitely expressed it, "to be able to look the world in the eye and tell it to go to——"

Sweeter is the crust you've earned than the most gorgeous meal you "cadge" from someone else.

Luck? "There ain't no such animal.' Spell it "work" and I believe you.

THE COMPLETE WARDROBE

Don't you sometimes wonder how it is that a woman with practically unlimited money to spend on her clothes never "looks like anything," while a woman with very little always looks well-dressed?

A complete wardrobe, however, is by no means a matter only of the money you spend on it. It is necessary to spend intelligently and the whole secret is in planning according to your own individual needs, buying with a knowledge of fabric, line and color and of what is becoming to you; and in caring for your clothes systematically and intelligently.

Some women have brains enough to make out a regular budget and here are some excellent suggestions culled from a booklet written by an authority on clothing, who says:

(1) List what you have on hand.

(2) List what you need.

(3) Decide the amount you should spend each year.

Certain percentages have been carefully worked out and can be used as a guide. Your budget should be divided into five groups and the total percentages for each group followed absolutely. The percentages for the sub-divisions are tentative and can be adjusted to suit your own particular needs.

Group 1.	Suits 9%	
	Coats 12%	
	Dresses 22%	
		43%
Group 2.	Hats 10%	
	Shoes 11%	
	Gloves 3%	
		24%
Group 3.	Blouses 3%	
	Sweaters 2%	
	Skirts 3%	
		8%
Group 4	Underwear	20%
Group 5.	Accessories	5%
		100%

BUYING

Now that you have planned your wardrobe, follow your plan, and buy your clothing with discretion. Many good plans fail because women buy hastily, and give little thought to it.

(1) Pay attention to suitability. Analyze your type of figure. Study the lines of the garment you are buying and whether they are best for you. Decide upon the colors that are suitable for you and adhere to your decision. (2) Consider the price from a standpoint of the entire life of the garment. For instance, a coat that cost $90 and will wear three years is cheaper in the end than one that costs $60 and will wear only two years. (3) Be sure that the

garments you buy are made of durable materials. This is important because it is upon the durability of materials that the length of life of a garment depends to a great degree. (4) Look for good tailoring and workmanship in garments. It is the details of good tailoring that make garments hold their shape. (5) Study the style tendencies and keep up with the fashions of the season, not the fads of the hour. The fad of the moment should not be bought for it will go out of style and be a sore spot in one's wardrobe. (6) Do not expect garments to serve a purpose for which they were not intended, for example: satin shoes or slippers suitable for evening wear should not be worn on the street. (7) Don't buy a garment simply because it is pretty in itself—but rather because it is becoming to you.

CARE OF CLOTHES

"An ounce of prevention is worth a pound of cure"—and your budget plan will work out, and your clothes last as long as you planned, only if you give your clothes systematic, daily care.

OUTER GARMENTS

Don't wear the same garment two days in succession. A planned wardrobe will permit several changes. Brush and hang up your outer garments carefully after every wearing. (N.B. Be sure to brush with the nap of the material.) Press your garments often. Durability of a garment depends as much upon pressing and keeping it in shape as the

actual wearing. Shine is caused by the wearing down of the nap and the shine is nothing but reflected light which can be removed by sponging and pressing. Steam pile fabrics, such as bolivia, occasionally. If you don't they will mat down and lose their richness. Leave your closet door open at night. Remove spots before they dry into the material, unless they are serious enough to need the attention of a chemist. Remember the old saying: "A stitch in time saves nine," and mend rips, tears, etc., when they first start.

HOSIERY

Always wash stockings before wearing them. This will soften the hose and prevent holes from coming quickly. Continue to wash them after each day's wearing. Perspiration deteriorates silk and causes rapid decay. N.B.—Do not rub soap on stockings, but wash them in lukewarm, soapy water, rinse and press with a warm iron when damp. Rub a piece of soap at the end of a run, if you cannot sew it immediately. This will prevent it from running further until it can be repaired.

SHOES

Don't wear the same pair of shoes two days in succession. Put shoe trees in shoes every night to preserve their shape. Keep shoes in repair. Heels should be fixed immediately when they begin to run down. Have shoes resoled when holes first appear. Don't allow any part of the lining to become worn.

It causes friction and holes result. Remove mud immediately. It stains the leather. Put damp shoes on trees and allow them to dry slowly, Put trees in canvas shoes when cleaning and allow them to remain until shoes are dry. Polish shoes every day. A buffer with a little castor oil on it may be carried in one's bag to wipe off shoes.

GLOVES

Shake your gloves. Pull them out and blow into them before laying them away.

HATS

Brush your hats after wearing with soft millinery brush or piece of soft velvet. Be sure to brush with the nap. Be careful to put your hat on properly each time you wear it. Never pick it up by the brim. Put your hand under the crown to carry it around.

These things all sound like good common sense to me. The girl who sent me this booklet asked me to publish such portions of it as I thought might prove valuable and I am very glad to do so, in the hope that both business and home women will appreciate these suggestions.

WOULD YOU MARRY YOUNG?

In the days of our grandmothers, when life was a somewhat simpler thing and golf, bridge and automobiles were not the main themes of life, youths and maidens plighted their troths, established their homes and founded families when they were barely out of their teens.

As the standard of living grew more complicated, people began to demand conditions requiring more and more money to satisfy, and so the date of marriage was postponed until, in the materialistic age before the war, it began to be the rule that men did not marry before thirty nor girls before twenty-five.

When the war broke out, however, the impedimenta of living was swept away and we were confronted with stark, elemental passions. You loved and the loved one was going from you for years, perhaps forever. You flung yourselves into each other's arms with a divine frenzy that recked nothing of the sordid details of money or social position. Never was there such an outburst of matrimony.

But now that the war is over, are we going back to the old materialistic standards? Are we pausing to count the cost? Do we think more of money, cars, clothes, houses and society than we do of love? Have we forgotten the old Biblical maxim, "Better a dish of herbs with love than a stalled ox and hatred"?

Judging from the letters that come to this page from men, I'm afraid we have. Girls demand a home similar to the one they are leaving, a clothes allowance like father would give them or they could earn for themselves, and an apartment in the most fashionable district in town.

It is all very well to blame it all on the girls, but I'm afraid the men are not altogether blameless. They want their clubs, their regattas, their tailored clothes, their theatres, all the little luxuries dear to their hearts, and they don't see themselves giving up these things "for a skirt."

Or if a man is not selfish for himself he is unselfish for the sake of the girl. He hates to ask her to give up all the things he thinks are necessary to make her happy. He doesn't want to make her worse off for marrying him. He does not stop to reflect that she may have everything else in the world, and yet be "worse off" than she would be with him, because she has not the one thing she most desires, his love and protection.

Happiness cannot be bought for money, and many a couple will confess that they enjoyed things more in the early days of their married life, when it was a struggle to make ends meet, than they do now. They planned and saved and sacrificed together, and every little success was a mutual triumph. When they moved from two rooms to a tiny cottage, it seemed like a palace to them, and when they bought a new piece of furniture, they stood around and admired it, tried it first in one place, then in another, and thought

it was quite the loveliest thing they had ever seen. When you can go in and write a cheque quite nonchalantly for a new dining-room set, you do not have the thrill of possession that comes to you when you acquire it bit by bit and fit each piece lovingly into its appointed place.

I am for early marriages. Young people are not so "set in their ways" as the older generation. They have the same tastes and ideals. They fit into each other's mode of life with less discomfort. They grow together in wisdom and in love. They are physically better fitted to found a family, and their children are healthier than those of older parents. They grow up with their children, and because they have not forgotten their own youth, they are sympathetic and understanding companions, rather than stern, tyrannical task-masters.

It is part of our British traditions that marriage should be for love. We do not approve of the system of barter in vogue in some of the European countries, and yet if you delay marriage because of the money question, you too are making it a matter of barter. I do not mean that you should rush into matrimony without a competence, but if you will be content with less material goods, great will be your spiritual gain.

If men would only talk frankly to girls on the money question! For some reason, the average man is strangely reticent on this point, either from vanity, because he does not want her to know how poor he is,

or because he thinks women do not understand questions of finance.

You will be surprised to find how quickly money difficulties vanish when you talk things out together. Women often have a shrewdness and intuition that make their counsel worth having. Moreover, when they are treated as reasonable human beings, they respond to that treatment and show a capacity for buying and a consideration for the family pocket-book that is worth having.

If you love a girl and it is only the money question that keeps you from proposing, give her a chance. Tell her what you make and ask her if she is content to start with that and to share your lot with you.

If you hesitate you are bound to forfeit years of happiness that you might have had, and you may even lose your chance altogether.

THE SPENDERS

The other day a young man wrote me, asking how to save. He was full of the glowing rapture of first love. She was the sweetest girl in the world and he wanted to marry her but somehow, he never seemed to save a cent—of course he had to take her to shows and dances, and taxis, suppers, flowers and candy used up all his spare cash. He saw no possible way of getting together enough money for a home—and what would I suggest as the best way to begin to save.

That is one of the hardest questions to answer for economy is in the mind of the spender. You may think me extravagant where I think I am economical —I may think you extravagant when you are convinced you are saving every cent possible.

The trouble with all of us in this day and age is that our ideas of living are on too wasteful a plane. The old simplicity of tastes and amusements is gone. Where once the family gathered around the dining-room table to read, play "authors" or "old maid," with a dish of rosy apples as sufficient refreshment; now they are all scattered, father to his club, mother for her game of bridge, children to the movies or the dance-hall.

It is difficult to fix the responsibility for this state of affairs. Some people blame it on apartment-house life; some on the movies, the automobile, or on

the jazz craze. Undoubtedly all have had their influence on modern life but what we need more than anything else is some sort of spiritual revival that will make us return to sane living and wise thinking.

Saving for the proverbial "rainy day" may not be much fun but there is a whole lot of consolation in having the wherewithal for an umbrella when the rain descends upon you.

And yet true economy is not so much in your method of saving as in your method of spending, for if you spend wisely your savings will take care of themselves.

For instance, it is not economy to buy cheap clothes if you have the price of expensive ones. Cheap clothes lose their shape, wear out quickly and from the beginning, are a source of constant irritation, whereas a garment of good cut and material looks well as long as it hangs together and gives you a constant feeling of pride and well-being which is, in itself, a bolster to your morale.

Nor is it economy to lunch on ice cream and coffee when you have a hard afternoon's work ahead of you, for the body cannot do its work without proper food, any more than any other machine can function without motive power.

But it is economy to walk instead of paying carfare when you are within walking distance of the point you want to reach; it is economy to eat plain, simple food instead of high-priced, indigestible concoctions that have only their price to recommend them; it is economy to join a library and to read good

books instead of buying ephemeral magazines, the stories in which you forget as soon as read; it is economy to buy good clothes and to look after them, to keep them cleaned, brushed, pressed and mended, and it is economy to make wise investments.

People use different methods of saving. Some people found in the Victory Loans their first taste of saving—to put money into something from which they could not withdraw it. To these people a bank account is just like cash, something to be spent. Therefore their best method of saving is to buy good bonds and forget about them, or to have an extra bank account which they will decide not to use for withdrawing purposes.

Others find a delight in watching a bank account grow and in making countless little economies for that purpose.

And it is just the little economies that most of us neglect. The pennies, the nickles, the dimes, the quarters slip away with no thought when the bills would cause us to pause for reflection. Some wise man said "most of the business of the world is founded on the fact that the average man doesn't care what becomes of a five-dollar bill after its broken."

There is an old proverb which says "Take care of the pennies and the pounds will look after themselves," and there is the canny Scotch saying, "Many a mickle maks a muckle." If you fix these two phrases tightly in your memory, you will save.

One young married woman told me that she and her husband put all their pennies in a box. Every

night they empty purse and pocket and put away the little brown coins, "and," she added, "we were stunned to see how quickly a hundred cents made a dollar."

So, Mr. Boy-who-wants-to-get-married, why not talk it over with your lady-love? You don't want to "look like a piker" but has it ever occurred to you that the most beautiful eyes in the world can look through a stone wall just as quickly as if they were less beautiful? Talk it over with her and if she is sensible as well as adorable, she will help you save for the love-nest that you and she both desire.

SUFFER THE CHILDREN

The dreadful heat of the summer weather tries the health and disposition of all of us almost to the breaking point. Grown-ups can do something to help themselves but the children are more or less helpless. They are tired, hot, cross and they don't know why or what to do for themselves.

The exhausted mother sighs, "If I could only take them to the sea—or to the mountains, but times are hard and money scarce and you must stay in the hot city." Even here, however, you may do a great deal to make the kiddies feel better.

Don't make them "dress up." Don't worry them about keeping their clothes clean. Put them in one-piece slips of cotton crepe or cotton jersey and put very little else on them. Let them run barefoot if they want to, and give them cool baths morning and evening and warm baths three times a week.

Keep bottles of water on the ice and give them all they will drink but don't give them ice water or fancy drinks because too much ice is not good for the little stomachs.

If you have a cool shady place, put the baby there for his sleep. Keep the light out of his eyes and cover the carriage with mosquito netting so that he is safe from flies and insects. Sterilize his bottles well and boil the milk you give him. If you have

any doubt about the water, boil it, too; and then put it on the ice.

Don't give anyone in the family too much meat. Eggs, salads, fresh fruit, milk dishes of all kinds may well take the place of heavier foods in the torrid days. Home-made ice-cream, snow pudding, gelatine with fruit, tapioca, creamed rice—all combinations of eggs and milk that may be served cold—are welcome for the children and for yourself.

Keep your house dark and cool and don't fuss about it. Better to let the dusting go, and the silver remain unpolished than to wear your nerves to a frazzle trying to keep things in their normal state of perfection.

Remember, as you are cool and unruffled, so will your children be, but if you are "nervy," fussed and irritable, if you slap this child and scold the other, you will find the children just as cross and fussy as you are.

It is worth while to spend some time considering them for they are worth it—more worth it than clean houses, starched clothes and elaborate meals. The heat takes its toll from all of us—don't let it take too much from the little ones.

THE PHILANDERER

Perhaps the most unconsciously despicable person in the world is the philanderer, the man or woman who drifts into pleasant love-making and drifts out again without meaning anything by the action.

Judging by the numerous letters that come to this page from girls who have been victims of this easy pastime, men are the most conspicuous offenders in this most ancient of amusements. It is so ridiculously easy for a man to make love; to press a small hand, to whisper charming nothings into a little ear, even to kiss an inviting mouth, to stir the girlish imagination into dreams of a little "love-nest," of a church ceremony in which she is the white-robed bride—and yet to mean nothing at all.

It is so easy because custom decrees that the girl should be the pursued, not the pursuer, and if the girl who has founded her roseate dreams on a philanderer should dare to complain, the world—the cruel and heartless world, will only laugh and brand her as "jilted," while the man goes on, scatheless, to linger over a newer, fresher face.

It is so hideously unfair that sometimes I wonder how a man who would immediately resent the charge that he is not a "good sport," can lend himself to a game in which he so obviously holds all the trumps.

As one girl wrote to me. "What can I do? He would speak of what we would do when we would be always together, tell me how charming I was, how I could dance, skate, golf better than anyone he knows; monopolize all my evenings, ring me up every day or two, constantly propose pleasant little outings, make me and all my family feel that he fully intended to marry me—and then, when I suppose he felt he could no longer postpone a formal proposal, he dropped off.

"Nothing was said. He just faded out of my life. What could I do? I'm not the sort of girl to pursue him with reproaches, even if it were any use. I'm not the type of girl to bring a breach of promise suit, even if I had any tangible, legal grounds for it. And I hadn't! I haven't one scrap of evidence. You can't produce looks, inflections of voice, allusions to our future together (when no one was present to hear) in a court of law.

"And yet I have lost all other boy friends for him and I can admit to you, though to no one else, that I loved him and I still love him. I am sick with rage at myself that I, who thought I knew so much about men, should 'fall for' such a cheap thing as a male flirt and yet I absolve myself to a certain extent for even his men friends thought he was serious and their unspoken pity is the hardest thing I have to endure.

"I know I will get over my infatuation because my very contempt for him is burning the love out of my heart but I will never get over the absolutely searing effect on my character. I am getting so hard, so

cynical that I don't feel I can ever be friends with a man again."

Isn't it cruel? And yet men go right on doing it, day after day. A girl's heart is such a fragile thing, so easily broken, so easily hurt. It is too late to say much to this girl, except to urge her to believe that work and life, with its healing passage of time, will enable her to get over it but to the other girls who seek advice, I must say, don't be too ready to give either your love or your lips.

When a man says to you in the thrilling tender tones of a lover, "You don't trust me," ask yourself what reason you have for trusting. If he speaks of your future life together, don't be too ready to believe that he is proposing. It is pretty hard for a girl to say in so many words, "do you mean you want to marry me," and yet it is better to be disillusioned by your own frankness rather than to live in a fool's paradise.

It is easy for a complacent bachelor to say "Why, I didn't mean anything. She surely knows I'm not the marrying kind!"

Don't give him a chance to say it. Don't believe he "means business" until he says so in unmistakable terms. Don't be an easy victim to the philanderer.

POOR MOTHER

These are strenuous days for parents. "Everyone says" the modern girl is beyond control. She rouges, she smokes, she wears her clothes too short and too low, she bobs her hair, she jazzes, she stays out too late, she doesn't want a chaperon—she looks at her mother with the hard, unsympathetic eyes of the lone duckling—her mother has no control over her. And the world says, "Poor Mother!"

I wonder.

I wonder if it isn't "poor daughter." For the modern mother is sometimes as jazz-crazy, as bridge-mad, as fond of her cigarette, as decollete as her daughter.

Do you remember the story of the clergyman who stopped the small boy on the street and said sternly, "Tommy, what would your mother say if she saw you smoking that cigarette?"

"She'd give me the dickens," blithely responded Tommy, "they're hers!"

The Victorian age has gone. Some of us sneer at it, call it dull and stupid and make fun of the dear old lady who, watching the performance of "Antony and Cleopatra," exclaimed as the gorgeous Egyptian died from the bite of the asp, "How different from the home life of our own dear Queen!"—and yet, the

Widow of Windsor gave us an ideal of home and home life now too sadly lacking.

In the mid-Victorian age, when we didn't hear so much about the high cost of living and bridge, motors and jazz were not contributory to its cost, the family gathered round the open fireplace, roasted chestnuts, toasted marshmallows or dipped into a bowl of rosy-cheeked apples. They didn't need lobster newburg, champagne, or a noisy band to make them happy. One of the family or a casual guest played the piano and they dipped and swayed in the "Bon-Ton" or "The Military Schottische."

Daughter brought her "young man"—son brought his "best girl" to the informal evening, the Sunday-night tea-table. Mother had a black silk dress for best that lasted her for years—until it fell apart. "Them was happy days."

No need to tell me times have changed. I know it. But human nature hasn't changed. Even movies and motors can't change the fundamentals of life and I believe love of home and home life is still with us—if we will give it a chance.

There is still reward for the mother who will take the pains to understand her children, who will exercise the patience and self-control, who will show readiness to hear and answer and who will live her own life so that it will stand the inspection of clear-sighted young eyes.

You can't fool your children but they can fool you. Do be friends with them. I wish I had the voice of a prophet and the tongue of an angel to make you

mothers understand how much your children need you.

The pathetic little letters that come to me every day, letters you dismiss contemptuously as silly or stupid—prove that mothers aren't "on the job" of mothering.

Poor Mother! If you are blind to the rewards that will be surely yours if you will take the time and trouble to have them. Poor indeed, if you balance the world and its paltry favors against the love and respect of your children.

Mothers' Day is the day when your children are to show their love for you. Make it Mothers' Day by being closer in heart and spirit to your children, true to them in love and devotion as you hope to have them true to you.

HAPPY EVER AFTER

"And so they were married and lived happy ever after," says the old fairy-tale and the girl who is about to be married muses to herself "happy ever after" and wraps herself up in a dream of perpetual flowers and candy and theatres and dances and taxis and compliments about her hair and her eyes and her frocks.

And in her dreaming there is no thought of the burst pipe; the stopped sink; the burned beefsteak; to say nothing of the finger that shared a similar fate; the husband who is too tired to go out and who would rather sit in slippered ease with his pipe and paper than listen to the finest singer that ever piped. And who never seems to know whether she is wearing a dressing gown or evening-gown.

It is a cruel blow to awaken from romance to reality but the woman who is a really "good sport" in the best meaning of that much abused term, will realize that she undertook the business of marriage, "for better or worse" and she will sit down with the remnants of her romance and re-construct the fabric of her dreams into a wedding garment that will be not only beautiful but durable.

A great many unhappy married women write to this page and they have many things to say about their husbands—sometimes I wonder if they ever sit

down quietly to reckon up their own faults along with his.

Do you respect your husband, his opinions and his confidence, in public and in private? Do you air your little differences of opinion to your women friends or do you bury them in matrimonial loyalty?

Do you read his letters and pry into his personal affairs? Do you believe he has no right to any privacy of thought, correspondence or business?

Do you make fun of him before others? Do you worry him with trivial gossip or with endless discussion of stupid, minor details when he is obviously engrossed in thoughts of business?

Do you show your own self-respect by looking as neat and clean in the morning as you do at night and by keeping your kitchen as clean as your drawing-room or do you skin over your housework in order to be free for the movies?

Do you make a study of the proper foods for your husband's health? Do you give him the right combinations, and properly-balanced meals? Do you spend time and thought on your menus or do you hurriedly throw together a meal out of tins, and are you then surprised that your husband should suffer from indigestion?

Are you meanly jealous of a woman to whom your husband talks with interest or are you big enough to believe that while his love for you is the deepest thing in his life, it does not necessarily prevent him from finding someone else attractive?

Do you discuss finances with him on a partnership basis or do you sneak in a dress or a box of candy because you are just naturally deceitful?

Do you think so little of yourself and of your husband's dignity that you allow yourself to be talked about with other men or have you brains enough to realize that the average man who begins a flirtation with a married woman cannot help but have a certain amount of contempt for her in his heart?

Have a little conversation with yourself and answer your questions honestly if you want to know if you have yourself to blame because you are not "happy ever after."

HUSBANDS AND WIVES

A man said once to me, "After all, a man can only count on two real friends in his life, his mother and his wife."

"If he has a sickness, friends rally round at the beginning, and are very kind and sympathetic but if the sickness is long continued, they drop off—naturally so—because they have their own interests to pursue and they cannot eternally lose sight of these interests in yours any more than you would do so for them.

"But your wife 'sticks'. Not just because she has to stick but because she is the one person on earth whose interests are bound up in yours."

Often when I hear of this couple or the other couple who are "not getting on well together," I think of this man's remark and reflect on "what fools we mortals be."

The man who gets tired of the little woman at home, of the crying babies or the uninteresting meals and devotes his evenings to colorful maidens or to all-night poker parties, comes at length to the realization that these pleasures pall and turn to dead sea ashes in his mouth and he is left, grasping at nothing. His wife may do her duty by him, but there is nothing left of the roses and rapture of youth and these have not been replaced by the deep affection, the satisfying companionship that comes with happy years of married love.

The woman who finds her husband slow because he cannot do the newest toddle, and hasn't learned the finer points of contract bridge, will find that even dancing can become a bore and that sometimes the man who has the nimblest feet has the slowest brain. She forgets that the day will come when she has lost her youthful grace and charm and she will no longer attract the dancing men. If she has not her husband to fall back on, what is there left for her? Do you know anything more pathetic than one of these faded coquettes who is desperately trying to hang on with all the arts at her command, little realizing that rouge, dyed hair and too-youthful frocks are just advertisements of encroaching age?

From every point of view, it pays to cultivate the friendship of your matrimonial partner. Go fifty-fifty on worries and pleasures, on the little, everyday trials and the little everyday amusements.

It's all right to toddle, it's all right to play bridge, it's all right to play golf—but do these things together. Pretend an interest in your other half's form of amusement—even if you have it not. Perhaps you will end by liking that particular pleasure as much as he or she does. In any case, you're together and that is what really counts.

FOOD *VERSUS* RENT

Everywhere, not only in Canada but in other countries, you hear the same cry: "Rents have gone up so terribly that I don't know how we are going to live. Business isn't as good. We aren't making so much money and yet we are paying fifty per cent. more for a roof over us. I just don't know how we are going to manage."

The obvious answer is that we must economize on something else, and when you come to figure it out, the most natural method of economy is a revision of your expenditure for food. The majority of Canadians spend altogether too much on their tables, partly from laziness, partly from ignorance, and partly from a dread of being thought "mean."

It is much easier to telephone an order than to go down to the shop to pick out your meat and groceries and it is on the telephone orders that the butcher and grocer make their profits.

When you telephone, you ask "How much is cauiflower?" and the grocer replies "twenty-five cents a head." You think, "that will be nice for dinner" and you gayly order one. When it comes up, you see that it is too small to make it profitable. Had you gone to the shop, you would have discovered new carrots at two bunches for a quarter, or parsnips

at still less, which would have answered your purpose admirably.

The butcher tells you over the telephone that yearling lamb is forty-five cents a pound today, Gaspe salmon is fifty, halibut is thirty-five—but had you gone down you would have found lake trout at twenty-five or perhaps he would have said, "If you will take a shoulder roast of lamb, I'll give it to you for twenty-four."

You think a shoulder roast isn't good enough for you. As a matter of fact, the meat is sweeter than on the leg, and if you get the butcher to bone and roll it, you will find you have a roast much easier to carve and just as palatable as the leg for about half the price. Shoulder of veal may be boned and rolled in the same way.

It is not necessary to buy strawberries, pineapple and fruits of this character the instant they come on the market. Tomatoes at thirty-five cents a pound may also be omitted from the daily ration. A plain lettuce salad or a few cooked vegetables with boiled or French dressing will answer the purpose nicely.

Care in planning a meal will do much to save expense. It is unnecessary to serve a rich dessert at the end of a heavy meal. When you have such a meat as pork, for instance, fruit is quite sufficient for dessert and such dishes as macaroni and cheese, curried eggs, omelets, may well take the place of meat as the main course at luncheon or supper.

Fuel may be saved by making as many things as possible at the same time. If you use a gas, oil or electric stove, and you are having an oven roast, potatoes may either be baked or roasted in the pan with the meat. With boiled meat, vegetables may be boiled in the same vessel. If you are boiling potatoes separately, do them in their jackets and do enough for two meals, so that they may be fried or creamed for their second appearance.

Do you still practise your war-time economies? Do you use margarine, instead of butter, for cake? Do you save every bit of fat to clarify and use in cooking? Do you save all the odd bits of bread, dry them and roll for crumbs and all the odd ends of cheese to grate for macaroni and spaghetti dishes? Do you save the water in which vegetables have been boiled for soup and ask the butcher to send you all bones and trimmings for the stock pot? Do you also save celery tops, parsley and mint, the outside leaves of lettuce, cauliflower and cabbage for soup?

We all learned something of food economy during the war but I'm afraid some of us have sadly backslidden since patriotic reasons ceased to move us.

As a matter of fact, patriotism should animate us now just as much as it did during the war. We are passing through troubled times and Canadians, who share with Americans, the doubtful distinction of being the most wasteful people on earth, need to learn the lesson of thrift and study it over and over until they are letter-perfect.

FATHERS, PROVOKE NOT

Parents usually quote, with much fluency, the commandment "Honor thy father and thy mother," but many of them seem not to have heard the Biblical injunction, "Fathers provoke not your children to anger, lest they be discouraged," (Collossians 3, 21). And it is almost, if not equally, as important.

Here are two letters which should bear fruit in the minds of all parents:—

"Once again I am writing to your column, this time in the form of a query. What is the reason that mothers who have sons, do not favor a girl of their son's choice? For instance, I have known a certain young lady for quite a long time whose moral habits and character are beyond reproach, but, just because I met her at a dance and got acquainted without my family's help, they will have nothing to do with her. But if the same young lady had been a friend of the family and introduced to me by my people, why there couldn't have been a better girl, etc. I say that the son is the person to please, not his family. If he marries and his marriage turns out a failure, what would his friends say if he told them it was his family's fault? Your answer may be 'Have a heart-to-heart talk with your people,' but when I approach this subject they say, 'We are older and know life better than you young ones,' and dismiss the subject from their minds. We admit that,

but how many of the parents of today (who have sons and daughters of marriageable ages) married to suit their family or themselves? Most of them suited themselves and most of them made a success too. So why shouldn't they leave us also to settle this matter? We all know a mother wants the best for her son and also for her daughter but, the sons and daughters are the only ones who can tell who will make a suitable life-partner for them. Is that not right? One often overhears one person tell another, 'Oh, she'll make a fine wife for him,' or 'He is a fine match for her.' But maybe, if we were to take the two parties mentioned and analyze their characters and habits we might find they were most unsuited for each other.

"When I invite a girl down to meet my family, if her people are not "in strong" or well-known by my people she does not get a second thought. But if some friends of my parents come up and bring their daughter all I hear for weeks after is 'Oh———she'll make a good wife,' etc. All gentle hints to me which I don't take. Anyhow I shall not marry a girl of my parents' choice. Nix! I'll pick and fight for my wife myself.

"So, mothers, when your son brings home his lady friend, don't turn her down flat, give her a chance to prove her qualities and if she is unfit for your son, if you tell him the right way you may be sure he'll agree.

"I hope this letter is not too long to print as I would like to see it printed and hear the opinion of some of your readers as I am sure there are many young men

like myself who have this problem of life to contend with."

A complaint from an engaged girl runs thus: "My mother reads the letters I receive from the man I am to marry. I have remonstrated with her. I have wept.

"Mother says it is her duty to know just what kind of a man I have picked out for a husband, and she is sure she can learn from what he writes to me.

"Mother makes me perfectly indignant when she tries to discuss my love letters with me and when she advises me what to reply. But I am helpless."

Parents seem to think they have the right to relive their own love-stories in those of their children but they forget the rights of the children to live their own lives, make their own decisions, and work out their own salvation.

It may be love that prompts the parents to try to solve the problems of their children but the children usually find it unwarrantable interference.

If you have anything definite against your child's choice, produce the proofs. If you have nothing but vague prejudice, don't show it. Welcome all the friends of your children and be sure if they have bad points, they will show up better in your home than anywhere else.

If they have good points, you will see and recognize them and in any case, you will not have antagonized your child.

ENVY, MALICE AND GOSSIP

A number of letters have been received lately on the subject of malicious gossip. Here is a particularly interesting one:—

"Gossips are like poets and cats—they are born, not made. The malevolent and vitriolic type of gossip is the unfortunate possessor of a disordered and defective brain. He or she is not altogether responsible for this handicap in life. The vision also is distorted. Gossips are blind to their own defects; but their sight miraculously recovers on occasion and magnifies the deficiencies of others. They suffer from moral astigmatism and myopia. Their outlook on life is mean and narrow. The mirror discovers to them a person of most excellent form and feature, a model of good taste and manners, a sort of superior being, one who is far, far above the common or garden variety of humanity that comes within their narrow range of vision. Mentally they are childish and envious. Their minds have not developed as have their bodies. Generally are they equipped with hearing ears and muscular tongues. This is only natural. The parts of the body and the senses which are most frequently in use are always the strongest. There is one sense a gossip lacks—the useful commonsense.

"But there are cures. A course of efficient medical treatment for the brain and the tongue, religiously

pursued, would have a beneficent effect. The daily repetition of the words: 'Keep my tongue from evil, and my lips from speaking guile,' is a valuable mental suggestion that may be used with profit. The perfect and simple cure, however, is an unappreciative audience. A gossip must of necessity have hearers. If there are no willing listeners, there will be no gossips—of the malevolent and vitriolic variety. And here arises the question: Who is the worse—the gossip or the listener?"

It is, of course, true that there would be no gossip without an audience. It is also true that there are a number of people to whom the story of another's misfortune is as the breath of life.

There is nothing exciting about the apparently happy, everyday common-place life of Mr. and Mrs. John Jones but if John and his wife have a quarrel and she goes home to mother, their troubles are rolled, like a sweet morsel, over the tongues of all the gossips in town.

What we all need is charity and freedom from envy. Nine-tenths of the gossip in this world is caused by jealousy and I sometimes wonder if the lady (?) who goes gaily on her way slaughtering a reputation with every word, realizes how intimate a revelation she is giving to the shallowness of her mean, small soul.

All gossip is not malicious nor envious. Sometimes it is good-natured and could not hurt anyone but the gossip that is inspired by envy is never good-natured. It is the product of hatred and it sears the

soul of the woman that utters it as completely as it ruins the reputation of the sometimes innocent victim.

Such a woman is the most dangerous person in any community. Why you should lock up a thief, hang a murderess, ostracise the unfortunate girl who loves not wisely but too well, and yet suffer the malicious gossip to go her way unmolested is something no one can satisfactorily explain.

Occasionally a brave victim does make a stand against the gossip but usually she suffers in silence, too proud and too honorable to retaliate as she might.

But whatever the law of man, the law of God is explicit—"Thou shalt not bear false witness against thy neighbor," and we can only hope that when she reaches the judgment seat, the gossip will pay and pay in full.

FILMS AND FICTION

All over the world women's clubs are beginning to demand better films, cleaner stories of more educational value and actors who have not figured in public scandals.

It is certainly a move in the right direction and while they are about it, they might demand cleaner fiction, magazines and books that do not exalt crime and illicit love.

It seems, sometimes, that almost every modern novel you open, and two-thirds of the popular magazines are devoted to "sex-stuff." The thesis of these stories seems to be that not only is infidelity to marriage vows justifiable, but almost, if not quite praiseworthy.

A new novel by one of the modern English writers who is considered a brilliant exponent of literary craftsmanship hinges on the theme of a wife's resigning her right to her husband and going away to get a divorce in order that he and the other woman may "keep their beautiful love clean."

Another praises the woman who runs away from her husband with another man and reviles the husband for not giving her a divorce so that she may marry him. It pictures the husband losing his friends, the respect of his father and brothers, even his powers as a lawyer because of this attitude and

in the end he apologizes to his wife and gives her her freedom in order that she may marry her lover.

What is to become of the sanctity of marriage if our young people are to continue to read and to accept as fact these perverted viewpoints of the marriage relationship? What is to become of the race if our youth rush into hasty, ill-considered marriage with the viewpoint "it doesn't matter if we don't get on—it is easy to get a divorce," or worse still, that it is altogether right that they should deceive their partners and conduct sub rosa intrigues with no feeling of guilt.

Poor children in their teens, so anxious to grow up, so keen in their blind hunger to live, to grasp at pleasure, to taste all the sweets, to pick all the roses, so ready to get their ideas of manners and of morals from movies and magazines—it seems so hopeless a task to go on telling you the old truths that seem so bromidic to you that honesty really is the best policy and that virtue really is its own reward.

It looks so dull and uninspired beside these glowing tales of the heroic "crook," who only robs those able to afford the loss and who finally gets away with a diamond necklace and escaping with the girl he loves to some wonderful tropical clime, says, as he embraces her fair form and they watch the sun sinking in the golden west, "Ah Mary, we have taken from the world that which it owes us and from now on, girl, we will walk the straight and narrow path."

Oh, piffle! In real life, the girl would steal the necklace and elope with some other man and the

"crook" would shoot them and himself or else he would be caught and imprisoned for years.

As to these "prose poems of passion" with which the books and magazines are filled, they are the most vicious of all the propaganda for destroying the morale of clean, healthy youth. Vice is described so alluringly that one would think roses and rapture were the portion of all sinners.

Don't you believe it! "The wages of sin is death" —now as always—death of the soul and frequently death of the body; death of health, of youth, of all the lovely, shining ideals and enthusiasms that youth brings to the world and that the world so badly needs.

In real life, the world reviles the unfaithful wife, despises the unfaithful husband. The doors of their former friends are closed against them and there is no respect in any quarter for them.

Don't be deceived by fiction in picture or story form. License is not freedom and mothers would do well to supervise the reading matter of their children, as well as the pictures they are allowed to see.

THE FAMILY GROUCH

Are you so fortunate as to know a large family in which there is not one member who could be designated by the title of "the family grouch?"

It seems as if there must be always someone to take the joy out of life by his or her failure to see anything but the gloomy side of things or by an inability to overlook the many little annoyances which are inevitable in most households.

It is popularly supposed that women are the naggers of the world and we are always having the Maggie Jiggs type shown to us in story and pictures but some day a woman cartoonist will arise to show us father, the family tyrant, instead of the family worm.

Have you never visited in a household where everyone scuttled for cover the minute the man of the house appeared, where a meek and downtrodden mother, with shame in her heart but rebellion in her soul, helped her children to conceal their innocent pleasures from the father who would deny them anything of which he had not been the author?

There are some men who perpetually find fault over the smallest things. Have you never heard such a man nag his children at a meal because they did not eat everything on their plates, accusing his wife of waste because she did not insist upon it; or who

"raised the roof" because small pieces of soap were not used in the bathroom or because his youthful son was discovered wearing his best boots to school, or because a dish has been broken or something for dinner has been burned or an electric light left on when it should have been turned off.

Any little thing is enough to provoke a brainstorm and the request for a quarter for movies or car fare is enough to start a tirade beginning "When I was a boy" and ending with an exposition of the reasons why one should be glad to be alive and the child of such a great man. At the end of this speech, he grudgingly produces the quarter and is hurt and grieved because of the absence of love and gratitude in the small hearer's manner.

The father cannot understand why his children do not love him, seem to be afraid of him and get out of his way whenever possible. He does not realize that he is taking out all his moods on the household and that he is reaping just as he sows, thinking that because he pays the bills he has a right to be selfish irritable and even brutal, as the fancy seizes him.

Perhaps it is the big brother who assumes the role of the family grouch and makes life miserable for the younger members of the family by his teasing and bullying. Perhaps it is the big sister who thinks small boys are dirty and stupid and little sisters a nuisance.

Whatever your favorite grouch may be, think it over and decide whether it is worth while to have the constant bickering make life a worry for everyone

within the radius of your home walls. In business or at home you must have harmony if you want things to run smoothly and to have harmony everyone must work towards the same end.

Next time you feel inclined to "Take it out" on the family, stop to think and try the old rule of counting a hundred before speaking unless you want to be known as the family grouch.

THE ONTARIO HIGHLANDS

Always when I see for the first time one of the many beauty spots in this wonderful country of ours, I am glad anew that I am a Canadian, born to this heritage of nature's bounty, which no other country can surpass.

I have seen the Garden Province of Prince Edward Island with its vivid green against the red clay set in its circle of blue sea; I have exulted in the Matapedia Valley and the ever-changing panorama of the Lower St. Lawrence; I have enjoyed the lovely colors of the Laurentians, have thrilled to the golden wheat fields and the purple vistas of the western prairies, have revelled in the grandeur of the Rockies but never have I seen anything more uniquely Canadian than the Ontario Highlands.

As our rather slow train puffed its important way from Ottawa to Algonquin Park one Saturday, I began to get a foretaste, in the views from the car-window, of what it would mean to get some idea of the resources of this immense tract of 2,721 square miles which the Provincial Government of Ontario has set aside as a natural park.

The next morning, greedy to see all that is possible in the brief space of the few days at my disposal, two of us started out, with a guide, on a fifteen-mile canoe-trip.

How can I describe the wonders of this natural paradise? Lake after lake, some of them only a hundred yards in width, some of them two or three miles, connnected by islands glowing with autumn verdure, fascinate your eye and lure you on and on.

The distant hills are a mosaic of riotous color, of greens and reds and bronzes and yellows all flung together with nature's prodigal hand. The rich dark green of the pine and cedar, the pale green of the balsam, the silver stems of the birches crowned with their fluttering yellow, the glowing berries of the mountain ash, the dull red of the sumach, the flaming scarlet of the maple—you gaze with awe and wonder and realize afresh that only God can make a tree.

No one is allowed to bring firearms into the Park and you would think the birds and animals knew it, for the wild duck and the loon will let you get within twenty-five yards of them before they dive and the deer will allow you to come quite close on the trail before they run. Some of the people in the hotel will tell you they have seen bears and wolves and the whole place is rocking with glee over a slim bobbed-haired maiden who returned from a woodland walk with one of her swains and reported with wide-eyed breathlessness that they had seen a wolf—a real live wolf—on the trail.

"What did you do?" came the excited query.

Blushing exquisitely, she stammered, "We—we—held hands."

The shout that went up from that heartless group could have been heard in Montreal and now when-

ever a walking-party sets forth, some one is sure to enquire, "Who will hold my hand when the wolf comes?"

No wolves or bears have harrowed our feelings, as yet, though on our long portages, in one case a mile and three-quarters of lovely, leafy trail through a forest so dense as to completely shut out the sunlight, we have strained our eyes to see something really wild.

Plenty of deer-tracks, beaver-dams with the marks of the sharp teeth still visible, an insolent partridge strutting across the trail and flirting his tail at us as much as to say, "I know you can't hurt me," but no sign of Mr. Bruin.

Our guide says, " 'Deed n' 'f ye'll come down back of the hotel at night, Miss, with a flash-light, ye'll see them rootin' about to see if they can pick up a bit o' food."

But there's no romance in that. I want to see him on "his native heath," so to speak, though I'd probably be scared blue if I did.

Our guide is a great joy. Born "in these parts", he says, he has the lilt of the Irish brogue and a soft, deep voice that makes you think he has just come over from the Emerald Isle.

He has other qualities too that belong to that wheedling nation as he says to me, "Is it accustomed to a canoe ye are?"

"No," I replied, "it is years since I have been in one."

"Faith, n' ye're good in it then. There does be wimmen that be sqealin' an' twistin' when the water's rough, like it is now, the way ye don't be knowin' which way to turn the canoe. An' it's smart ye are on the trail. Some of these city women does be so used to the pavements they can't walk at all, on the trail."

"I'm afraid you have the Irish twist to your tongue" I laugh, hugely flattered, you may be sure.

"Divil a bit, Miss. Me tongue has the Irish tone, I doubt, for everyone does be speakin' to me about it, though me father and mother were both born in Canada."

"And have you any children?" I inquire.

" 'Deed faith n' I have seven of them. Ye wouldn't be thinkin' it, wud ye?". At the guileless tone of this, we are convulsed, but assure him as calmly as possible that we certainly wouldn't.

We paddle on to our luncheon place, a huge flat rock on the shore and soon our Irish friend has a little fire-place built of stones, a cheerful fire crackling merrily and in no time we are eating a delicious meal of bacon and eggs, toast made on a forked stick, coffee brewed in a tin pail hung from a green sapling over the fire and I can assure you that no cordon bleu ever prepared a meal that tasted better—with all the resources of the best restaurant on earth at his back.

It is very good to sit about for an hour after lunch, but there are many miles to paddle and portage yet and so we are once again upon our way. Lake suc-

ceeds lake, each with its distinctive beauty of granite ledge crowned and wreathed with the wavering flame of birch or the pulsing vermillion of soft maple is set in whisker-greys of reed beds where the wild duck splash. Partridges strut and ruffle, a darting V-shaped wave cuts across our bows as the living submarine of a muskrat shoots below the surface. Our guide lays down his paddle to illustrate the vicious chop of an angry beaver's teeth. At the sharp clap of his hands an alder clump on the shore comes to life and splits into two parts. One part remains where it was—just a thicket of bronze bushes and twigs; the other transforms itself into a magnificent buck, "frozen" in immobility, watching our approach and seeks cover in the black swamp in superb ten-foot bounds, head up, white stern flag flying. "Whist ye now, there'll be another" whispers the guide. We slide like a shadow into the little cove and there she is, the demure brown wife of the lovely creature which has so ignominiously taken to his heels a moment before.

Run? Not she! Here is something new to see. So she takes a dainty step or two forward and stands immobile save for the delicately twitching ears as the canoe soundlessly moves shoreward. In the gathering gloom she is the very spirit of all wild things unspoiled, thank God, in this paradise of wild things, by the evil genius of terror. All around her the burning leaves afford a frame for the dainty picture, the great amber eyes are full of curiosity but there is no suggestion of fear in the pose. The

bow of the canoe touches the sand, ever so lightly. It is time to go. But still there is no fear in her. She turns soundlessly, flirts her white flag at us and dissolves into a clump of silver poplar.

"Don't ye think ye could be hitting that wan, an' ye with a gun," says the guide, whereupon we fall upon him en masse for a murderous savage.

"Well," he explains hastily, "ye might as well be gettin' her as thim dom wolves." Which perhaps puts another face on it, and we suddenly remember the one devil in this paradise. But it would require a wolf of more than ordinary wolfishness to take advantage of implicit trust like that.

Time to be getting home. Three miles of it from the last "put in"; three miles of the glory of a sunset of amber and rose and jade with the rugged silhouette of jack pine and the pillars of the spruces drawn black against the western fire. Somewhere in the gloom of the evening forest a sleepy squirrel swears fretfully, the last blue-jay gives us vociferous good-night, away across on the opposite point a loon laughs, then cries.

It may not be the spirit of your true pioneer that makes one look forward so to the hot bath and quite disgracefully good dinner that await us. But both those things and the sleepy hour afterwards that must in decency intervene between dinner and bed—the hour during which you watch the logs blaze in the great fire places—are not all these things the crowning glory of what some one has called "roughing it, de luxe."

Games

PENNY FOR YOUR THOUGHTS

Find the following on a penny (American coin):—

1. A messenger.....one cent
2. Ancient mode of punishment.....Stripes
3. Means of inflicting it.....Lash
4. Piece of armor.....Shield
5. Devoted young man.....Bow
6. South American fruit.....Date
7. Place of worship.....Temple
8. Portion of a hill.....Brow
9. Three weapons.....Arrows
10. First American settler.....Indian
11. Emblem of victory.....Wreath
12. Emblem of royalty.....Crown
13. One way of expressing matrimony..United
14. Part of a river.....Mouth
15. Implements of writing.....Quills

WHAT IS YOUR AGE?

What is the best age for a girl or boy? (Espionage)

To what age will people arrive if they live long enough? (Dotage).

What age has the soldier often to find? (Courage.)

What age is required on the seas? (Tonnage.)

What age are we forbidden to worship? (Image.)

What age is not less or more? (Average.)

What is the age people are stuck on? (Mucilage.)

What age is both profane and destructive? (Damage.)

At what age are vessels to ride safe? (Average.)

What age is necessary to the clergyman? (Parsonage.)

What age is one of communication? (Postage.)

What age is most important to travellers by rail? (Mileage.)

What is the age now popular for charity? (Coinage.)

What age is shared by the doctor and the thief? (Pillage.)

What age do we all wish for? (Homage.)

What age is slavery? (Hostage.)

What age is most enjoyed at the morning meal? (Beverage.)

What is the most indigestible age? (Sausage.)

FORTUNES FROM TEA LEAVES

Pour the grounds of tea or coffee into a cup. Shake them well about, drain off the moisture and allow to settle. By the lines and figures formed you will read your fortune:—

Birds—Signify trouble.

A Star—Denotes happiness.

A Ring—Signifies marriage.

A Coffin—Sign of a long illness.

A Letter—Sign of welcome news.
A Lily—A long and happy life.
A Woman—Signifies great joy.
A Cross—Indicates misfortunes.
The Moon—Denotes high honors.
A Serpent—The sign of an enemy.
A Tree—Shows lasting good health.
A Leaf of Clover—A very lucky sign.
A Child—You will have great expenses.
Fish—You will travel to some distance.
Worms—Denote good luck in marriage.
A Heart—You will receive some money.
Serpentine Lines—Mean future troubles.
A Dog—Shows you have faithful friends.
Straight Lines—Long life and prosperity.
The Sun—An emblem of the greatest luck.
Mountain—Denotes you have powerful enemies.
An Anchor—Shows that your business will be successful.

YOUR EYES

What color are your eyes? If they are light blue, you love the company of the opposite sex. You are kind, humorous and a practical joker. An original thinker.

Dark blue—Your vitality is great. You are clever, yet swayed by the passion of love. Beware of jealousy Your friends are true.

Light gray—You are shrewd, tactful, business-like

and a pleasant companion. Reserved, yet a true and affectionate friend.

Dark gray—Beware of your emotions, they rule your head. Frank and open, quick-tempered but never vindictive. Fine intellect.

Light brown—You can't make your eyes behave. Fickle until you find your heart's companion, then true as steel. Entertaining. Musical.

Dark brown—Passionate and deep. Fond of travelling. You are sincere and inspire trust. Your eyes are your strength and your weakness.

Green—Light-hearted, gay, easy going, sought after for your sunny disposition. Your trustfulness is your only weakness.

Black—You are a leader. Irresistible when aroused. You work by intuition rather than by reason. Lovable, humorous, passionate.

Hazel—You shine in company. Mild, even-tempered, thoughtful, a home builder. At your best only when married.

THE LANGUAGE OF STAMPS

Placed upside down on left-hand corner of the envelope it means that the writer loves you. If crosswise on the opposite corner, "My heart belongs to another, and can never belong to you." Placed in the proper way on the same corner, "Good-bye for the present, dearest." If at right angles on the left-hand top corner, "I hate you." The left-hand corner at the bottom placed in the same way, "I wish or desire

your friendship, but nothing more." Left-hand bottom corner, upside down, "Write soon." If put on a line with the surname on the left-hand side, it means, "Accept my love," If upside down in the same position, "I am already engaged." If placed upside down in the right-hand corner, it asks the question, "Do you love me?" If on the right hand side of the surname, proper way, "I long to see you, write immediately." At the bottom right-hand corner, crosswise, "No." At the same place, upside down, "Yes."

LANGUAGE OF FLOWERS

Arbor Vitæ.....Unchanging friendship
Camelia, white.....Loveliness.
Candytuft.....Indifference.
Carnation, white.....Disdain.
China Aster.....Variety.
Clover, four-leaf.....Be mine.
Clover, white.....Think of me.
Clover, red.....Industry.
Columbine.....Folly.
Daisy.....Innocence.
Dead leaves.....Sadness.
Deadly nightshade.....Falsehood.
Fern.....Fascination.
Forget-Me-Not.....Forget me not.
Fuchsia, scarlet.....Taste.
Geranium, horsehoe.....Stupidity
Geranium, Scarlet.....Consolation.

Geranium, rose	Reference.
Golden-rod	Be cautious.
Heliotrope	Devotion.
Hyacinth, white	Loveliness.
Hyacinth, purple	Sorrow.
Ivy	Friendship.
Lily, day	Coquetry.
Lily, white	Sweetness.
Lily, yellow	Gaiety.
Lily, water	Purity of heart.
Lily of the Valley	Unconscious sweetness
Mignonette	Your qualities surpass your charms.
Monkshead	Danger is near.
Myrtle	Love.
Oak	Hospitality.
Orange blossoms	Chastity.
Pansy	Thoughts.
Passion Flower	Faith.
Primrose	Inconstancy.
Rose	Love.
Rose, damask	Beauty ever new.
Rose, yellow	Jealousy.
Rose, white	I am worthy of you.
Rosebud, moss	Confession of love.
Smilax	Constancy.
Straw	Agreement.
Straw, broken	Broken agreement.
Sweet pea	Depart.
Thistle	Sternness.
Tuberose	Dangerous pleasures.

Verbena.....Pray for me.
White jasmine.....Amiability.
Witch Hazel.....A spell.

THE HOP

A sorority that had obtained permission to give an Easter holiday dance in the school gym sent out the following invitation:

THE COTTONTAIL FAMILY
REQUESTS THE PLEASURE OF YOUR COMPANY
AT A HOP
ON MONDAY EVENING, MARCH TWENTY-EIGHTH
AT HALF AFTER EIGHT
IN THEIR HUTCH AT "GLENMONT HIGH"

The guests as they arrived found all the girls of the sorority wearing white frocks, and tams made of white canton flannel with long "rabbit's ears" of the same, lined with pink and wired.

The gym had a cheery and springlike appearance quite unlike its everyday dress, achieved by the use of crepe paper. A border in yellow tulip design had been used around the room just above the baseboard, which was covered with plain green, so that the flowers appeared to be growing in a border. The windows were covered with curtains made of green crepe paper cut in fringe the depth of the entire window, while a layer of yellow fringe hanging behind the green peeped through and gave the illusion of light. In each window stood a pot of yellow and red tulips in blossom. All the lights in the room were

covered with tulip-shaped yellow shades. The dance cards had yellow covers, and were shaped like tulip petals.

The doors to two smaller rooms which adjoined the gym had been replaced with garden gates made (by courtesy of the manual training class) of pieces of weather-beaten wood picked up on country roads. After the last dance of the first half, the guests were invited to enter the "garden" on the left, where all sorts of marvelous crepe paper vegetables grew in beds of saw-dust. There were clever imitations of radishes, lettuce, onions, and carrots, and each man might select one to pull from the bed to present to the lady of his choice.

The opposite gateway led to the refreshment-room, where an Easter bunny drove a gay little team of eight Easter chicks with ribbon reins through the center of the table. Fruit salad was foremost on the menu, and each portion was arranged on a plate shaped much like a cereal dish, so that it helped to hold upright the nest of lettuce—"young an' ten'er" as Brer Rabbit would have said—that curled up over the salad and made it look fit fare for a bunny. Nut bread sandwiches and coffee were served with the salad, and on the table stood wee market baskets holding candy made in the shape of carrots, eggplants, radishes, and other vegetables.

THE "BLOW-OUT"

The invitation cards were green, and a little gold seal of Ireland's harp was pasted at the top:

PATRICIA IS GIVING A PARTY
AN' IF YE'RE A TRUE, LOYAL 'HARP,'
YE'LL SAY "PRISINT" IN ANSWER TO ROLL CALL,
ON THURSDAY AT EIGHT-THIRTY SHARP.

"I always like to see my guests carrying the decorations around with them," said Patricia when we arrived on the night of the seventeenth. And she accordingly presented the girls with cunning crepe paper aprons, ruffled and pocketed in green; to the men she gave green paper neckties. These were numbered and so formed a means of finding opponents for the first game, a "Tug-of-War." You have raced at Hallowe'en for the raisin tied in the middle of the string? Well, in this case a big, luscious green peppermint gumdrop was tied there, and each Pat and his colleen must gallantly chew the ends of the string until one reached the peppermint goal. The winners, of course, had the gumdrops; but Patricia also gave them confectioner's kisses with which to award their partners as consolation prizes.

A few bars of "They kept the pig in the parlor" gave the clue to the next game, which was "Grunt, piggy, grunt," and was followed by the "Porker Race." A dash of twenty yards and back, with a tremendous squeal at the goal, was the stunt. The girls entered their partners in the race, and were given fifty little green disks each, to bet with; they might place their stakes on any entry they chose, and as there were a dozen men present and it was necessary to make it an elimination race, excitement grew high. Patricia's

partner acted as bookmaker, while she constituted herself judge and timekeeper. The "prize pig" received a green ribbon with a gold seal saying "First Award." The girl who won the most "money" received a little green silk purse from a Japanese novelty shop.

When refreshments were served, the "Prize Pig" was installed in the place of honor and was the first to be waited on. Cream pork was served in patty shells, accompanied by bits of green mint jelly. At opposite ends of the table stood plates of sandwiches; some had a filling of cream cheese and chopped green pepper; others were rolled around watercress (the trick is to have the bread soft and cut it very thin.)

A SILHOUETTE GALLERY

There was a debt resting on our village library, and to raise it a plan that appealed personally to each one in town was originated.

Two of us visited every house, armed with many sheets of brown wrapping paper, a stout pencil and a hand lamp that gave a good light.

We requested that only one member of the family remain in the room at a time. Then a piece of paper, large enough to hold the drawing of a full-size head, was pinned on the wall, and our subject placed close enough for the profile to be clearly outlined when the lighted lamp was held at an angle to cast the shadow correctly. One of us held the lamp and the other

made the silhouette quickly—taking the paper down before the sitter turned around. Each paper had the name written on it to avoid any trouble in numbering them for guessing.

We went everywhere in the village, leaving out no one and telling all to come on a certain night, drop a coin in the box at the door and see if they could find themselves.

The silhouettes, which were life size, we cut out and pinned against a dark wall of solid color. Each one was numbered, and fifteen minutes were allowed for guessing them, after which the correct answers were read and a simple prize awarded.

Ice cream was sold from a wagon on two wheels pushed by a boy and girl dressed in bakers' caps and aprons, ringing a dinner bell to attract the crowd.

A "SPELL DOWN"

One of the jolliest money-making ways that was ever adopted in our church was an old-fashioned spelling match between the Women's Association and the Christian Endeavor Society. To this the members of the church and their friends each paid a small admission fee for the privilege of seeing and hearing the fun.

A WAGE DAY

Two months in advance a date was set for Wage Day in our Sunday-school class. At that time every-

one was asked to give one day's wage, enclosed in a sealed envelope without a name.

The men had no trouble reckoning the amounts they should give, but their wives rated themselves in various ways. Some felt their work worth as much as their husband's, and gave accordingly. The pastor's wife gave the price of the average wedding fee. One large woman whose husband said she was worth her weight in gold computed it at one gold dollar per pound, and divided it by the number of times he said it in two months. The names of those who gave were kept separate, so all could know who responded, but not the amounts.

AN AUTOMOBILE CARNIVAL

Our church needed money to pay for the pipe organ, and the Epworth League determined to raise it. The league members divided themselves into two equal groups, each under a captain, and called themselves Rose versus Gold.

New members were eagerly sought by each group, but the one scheme on the Rose side which brought in more money than any of the others was an automobile parade and carnival.

Several members had cars of their own, and other friends of the league lent theirs. Owners or chauffeurs drove their respective cars, and for each car an enterprising manager was appointed to make up a party of four, five or six. The price charged for

each party was one dollar and a half. There were also four large motor trucks, filled with straw, which held twenty-five people each, at twenty-five cents a person.

The parade of twenty-five cars, after running around town, went for a six-mile drive out to the river bank, where ice cream was sold.

This ride and sale undoubtedly brought victory to the Rose side.

A CHILDREN'S PARTY

Little children are very fond of coming in contact with familiar things in an unfamiliar way. For instance, games surrounding some familiar object will give them new interest in their old friend.

Almost all children from a year upward are familiar with "Mother Goose" rhymes, and the object of this party is to weave the games around them.

The children are placed in a circle. The person in charge of the party comes into the room dressed as Mother Goose and enters the circle.

She looks at all the children and then demands that each of them tell her one of her own rhymes or pay her a forfeit. Then, turning suddenly, she points her cane at one of the older children, who has to repeat a verse—for instance, "A dillar, a dollar, a ten o'clock scholar." or "Tom, Tom, the Piper's son," before she counts ten. The younger children will take their cue from the older ones and will be able to respond when Mother Goose calls upon them. Any

child not able to think of a verse in time has to pay a forfeit.

After each child has been called upon, Mother Goose assembles all the little ones who are to pay forfeits. She must use her ingenuity to make these amusing.

One child might be told to hop backward across the room on one foot; another is told to walk through a certain door after he is whirled around three times; a third might have to walk up a flight of stairs backward without touching the banisters.

Mother Goose now divides the children into two divisions, one audience and the other actors. She takes the actors into another room with her, where she explains to them that they are to act out a "Mother Goose" rhyme and the children in the other room will have to guess what it is.

It must be one of the most familiar rhymes in order to give the smallest children a chance.

"Little Bo-Peep" is one which all the children know and can be acted easily. Have one child take a long cane or a broomstick for the shepherdess's crook and the other children can be her sheep.

When the audience guesses, the two sides exchange and the audience becomes the actors and the actors become the audience.

Simple Simon is easily portrayed by a boy with a paper dunce-cap on his head standing before another boy who has a tray slung by a cord in front of him. A large box- cover can be used for this tray.

Simple Simon in pantomine asks the Pieman to let him taste his ware, while the Pieman taps the palm of his hand to show that he wants money. Simple Simon pulls his pockets wrong side out to show that he has nothing and the Pieman goes away in disgust.

A haystack made from a dark-cover thrown over a chair and a little boy asleep in its shade easily portray Little Boy Blue, while three of the smallest children scampering away from one of the older girls, who holds a great big knife in her hand, will make the other children immediately remember the three blind mice.

These characters must not be hard to guess, for little children soon tire of anything that they do not succeed in guessing. Mother Goose can easily devise other ways of illustrating the verses she thinks the children most likely to know, as, for instance:

The man in the moon
Came down too soon
And asked the way to Norwich.

In one corner of the room a box or basket is placed which is about a foot in depth. Mother Goose brings out a well-blown-up ballon with a moon-face inked upon it.

She tells the children that they must see that the Man in the Moon, which is the ballon, gets to Norwich, which is the basket. They are to blow him there. When once she has tossed the balloon into the air, the children must blow him toward the corner of the room where the basket is.

Every one must strive to keep the balloon from falling to the floor; the person letting it fall must pay a forfeit. If older children are playing the game, it might be well to divide the children into two sides, one try to get the Moon to Norwich while the others try to prevent its getting there.

A POST-OFFICE PARTY

Invitations should be sent out on ordinary postal cards. They may be informal notes or may indicate the form of entertainment by taking a departmental tone as follows: "A special delivery of mail for you has been granted by the local postal service, said delivery to be made at the residence of Mrs. Jonathan Burns, 420 Appleton Avenue, at 6 p. m., Thursday, November 23, 1924. Notify Mrs. Burns at once that you will meet the carrier at that place and time."

The reception-room need not be changed to suit the party, ordinary decorations being used, since the guests expect to receive a surprise only in the form of mail.

The dining-room may be made to suggest a post-office by having hung on the walls signs such as are used in the lobby of a post-office: "Mail your Christmas parcels early," "Books of stamps may be bought here." "Register your valuable mail," etc. These may be made or may be borrowed for the occasion. Let the maids wear suits that suggest a mail-carrier's uniform. Each should carry a mail-pouch.

Place-cards should be postals addressed to the several guests. A conundrum to which the hostess has the correct reply should be written on each card. These should by preference be suggestive of the postal service: What general is the most popular of our day?—General Delivery. How can the postmaster afford to sell thirteen two-cent stamps for a cent and a quarter? Because a cent and a quarter is twenty-six cents.

Besides the place-cards nothing but the centerpiece should be found on the table. A four-sided framework made of cardboard forms the design for the center of the table. This should represent four windows, each facing a different way. These may be stained dark, with the names of the windows chalked in white above them: Registry, Postal Savings, Money-Orders, Stamps. In the center of this framework flowers may be placed, a pot-plant being the most feasible.

While the guests are reading the conundrums and guessing the answers to them as they are read, the maids bring in napkins in their carrier's pouches, and distribute them to each guest. From these same pouches next are taken parcels that have been sealed with red sealing-wax and marked "Registered" and addressed. These upon being opened should be found to contain the silver to be used in serving the dinner. Plates, goblets, and other necessities may then be brought on a service-tray or a tea-wagon.

The first course is then served, and with it the guests receive a bit of first-class mail. This is pre-

ferably a letter from some one not present, and contains jokes and references that are of interest to all at the table. These are to be read and enjoyed while the course is being served and while the second course is being brought.

With the second course a magazine or newspaper should be delivered to each. This should be a typewritten or mimeographed sheet prepared for the occasion, and can give scope to much originality on the part of the editors.

Third-class matter should be distributed with the third course. Bona-fide circulars and advertisements on how to reduce, how to keep young, various beauty hints, etc., may be secured and used for this course. Much amusement may result from having these addressed so as to produce misfits, such as the thin-as-a-knife woman getting instructions as to methods of reducing flesh. Or the hostess may leave this entirely to chance distribution. Since photographs also are classed as third-class mail, it would be a pleasing feature to have kodaks of the home and the hostess, with an autographed message on each, given out to be kept as souvenirs. Of course each should be wrapped and labeled "Third-Class Mail."

With the fourth course parcel-post packages containing sells should be distributed. Prunes, whistles, tiny dolls, chestnuts, candy walking-canes, and similar things will furnish amusement. An apt inscription in each will also add to the fun.

During the entire dinner letters marked "Special Delivery" should be brought in at unexpected intervals by a small boy. These may also be sells, being invitations to parties to be given in 1930, suggestions as to what records not to buy, a list of common errors in speech, with a tiny mirror accompanying them, or anything of this kind. These, too, may have come from absent friends, being planned for by the hostess in anticipation of the event.

When the maids bring cards or posters saying that "Legal holiday now begins and that patrons of this office will now line up and receive their mail at the general-delivery window," the guests discover a "General Delivery" sign over the door leading back into the reception-room. As the guests line up and pass out they are given at this door souvenirs of the occasion. These may be books of stamps, with place and date written on them, and may also be handed tickets to a theatre party that has been planned to follow the dinner should there be any special attraction at the theater. If progressive games have been planed for the evening, this is a happy time to hand out the score-cards. This the guests immediately find places at the tables, and the fun will go on without a moment's interruption.

THE DANGER ZONE

Make with chalk a circle large enough to enclose six or eight persons placed back to back. Appoint someone to guard the circle. This person, armed

with a piece of chalk, pursues all who cross the boundary that he guards by marking with the chalk a large P (Prisoner) on the back of the invader's jacket. As soon as he is successful, the person so marked must guard the circle, the former guardian returning to the ranks of the invaders. A small sponge impaled on a stick and dipped in flour, which makes a white spot, can be used in place of the chalk. When the number of the players is very large, have a larger circle and several guardians for it instead of a single one.

SNAIL RACE

This requires a row of stools or boxes laid up and down the course (that is, not across) with three or four feet of space between each couple of them. A (the pursued)stands close to the lowest obstacle, while B (the pursuer) stands six feet back of him. When the signal is given B pursues A who eludes him by running completely around each obstacle. B in his pursuit must go around each one, too. The one first to reach goal is the winner.

PEBBLE RACE

Two players receive pebbles or potatoes. Each player has his right arm tied at the wrist to his left ankle with tape. The tape should be just long enough to allow motion with the body held perfectly up-

right. When the signal is given, the players match each other in pushing the pebbles or potatoes over the prescribed course with the toe of the right boot. This is most diverting for the onlookers, for the restraining tape acts continually as a hindrance.

JACK AND THE GIANT

Each player (save the first and the last) of the line stands with his hands on the shoulders of the player ahead of him. The tallest player should be at the head of the line, the smallest at the foot. "Jack," or the end player, is the object of the Giant's pursuit. The Giant has a barrel hoop, which he tries to pass over Jack's head. The rest try to prevent Jack's being lassoed by wriggling and contorting in every possible way.

MOTHER GOOSE LUNCHEON

If you are going to invite some friends to lunch with you, and want an original idea for the entertainment, why not give a Mother Goose Luncheon? Write out the invitations as follows:

My dear Mrs. Blank: Will you lunch with me, a la Mother Goose, on Tuesday, the fifth of June?

Hickory, dickory dock,
The mouse runs up the clock;
The clock strikes one
And in you all come!

If daffodils are in season, use them for the table decoration. To the vase which holds them, tie a card which reads:

"Daffy-Down-Dilly has come up to town,
In a yellow petticoat and a green gown."

At any other time of year, roses may be used, and the verse reads:

"Little girl, little girl, where have you been?"
"Gathering roses to give to the queen."

The table is lighted with candles—Nancy Etticoats in their white petticoats—and at each place is set a little basket holding salted nuts or bonbons and on which is seated a little witch doll. She should be introduced as the old lady who was "tossed up in a basket, nineteen times as high as the moon, and where she was going you couldn't but ask it, for in her hand she carried a broom."

The menu as written out for guests was as follows:

Three wise men of Gotham.
Went to sea in a bowl;
If the bowl had been stronger
My song would have been longer!
Simple Simon went a-fishing
For to catch a whale.
Hot cross buns, hot cross buns,
If you have no daughters
Give 'em to your sons!
This is the cock that crowed in the morn,

(or)

Little Bo-peep has lost her sheep.

The Queen of Hearts
She made some tarts.
The Dish ran away with the Spoon.
Little Tom Tucker sang for his supper;
What shall he eat? White bread and butter!
Humpty-Dumpty with Miss Muffet's curds.
Sit on a cushion and sew a fine seam,
And feed upon strawberries, sugar and cream!
My sister Betsy and I fell out,
And what do you think it was all about?
She liked coffee and I liked tea,
And that was why we couldn't agree!

This is what should be served to go with the verses: Any kind of bouillon or a cream soup served in small bowls with three little round crackers floating on the top; small individual fish fried and decorated with lemon; hot rolls baked in the shape of a cross; chicken or lamb chops; cranberry or currant jelly tarts; peas served in dish with spoon; bread and butter; salad of hard-boiled eggs stuffed with chopped olives and balls of cream cheese surrounding them; strawberry ice cream; coffee.

After luncheon a Mother Goose Quiz would be most appropriate, and should prove exceedingly amusing. The questions are given below and the answers are all embodied in well-known Mother Goose rhymes. Prizes should be awarded to the persons who the most quickly and correctly answer the questions:

1. Describe the co-operative system of domestic economy in Jack Spratt's household.

2. Name and describe article on which Miss Muffet sat.

3. For what person or persons was the wool of the black sheep destined?

4. Who stole the Queen of Hearts' pastry?

5. What misdemeanor did Tom, the son of the Piper, commit?

6. Give a mathematical survey of the Ten-o'Clock Scholar's attendance.

7. Describe manoeuvres of the French army as recorded by M. Goose, and give number of men in said French army.

8. Describe briefly the astral phenomenon which led to the elopement of two utensils indispensable in the kitchen.

9. How many court musicians were maintained at the court of Old King Cole?

10. What was the net result of the efforts of the royal forces, both infantry and cavalry, to restore Humpty Dumpty to the estate from which he fell?

11. Give short biographical sketch of Solomon Grundy, and mention seven important events in his life.

12. Discuss the social significance of the botanical arrangement of the garden of Quite Contrary Mary.

13. Give the recipe for making a Blackbird pie, and what may be expected to happen when the pie is opened, if it has been properly baked?

14. Who killed Cock Robin?

15. Describe Little Jack Horner's occupation at an important epoch in his career, and describe briefly where the episode took place, what historic remark he was led to make.

STORY WRITING PARTY

The jolliest party I ever attended was given by some literary people to their friends. The guests were nearly all married, all were young and interesting. Upon their arrival, the women were directed to a table, where they were given blank paper booklets and pencils.

The men went to another table, in which they found six small boxes, labelled 1, 2, 3, 4, 5, 6, In the boxes were small slips of paper about two inches long and half an inch wide, each slip having one word printed on it, All the slips in box 1 were numbered "1," all in number 2 were marked "2," etc.

Each man was told to take one slip from every box. He was to choose at random, but must keep them in the numbered order. Then he was given the name of the woman guest who would be his partner.

Hunting partners and speculating over the meaning and use of the printed slips kept us interested until all of the guests had arrived.

Then the host explained how we were to use the slips. We had entered a short-story contest. Thirty minutes would be allowed, in which time we were to write the best short story of which we were capable, using the words on the printed slips for the plot

themes. Two prizes were offered, one for the best-written story, and one for the greatest display of ingenuity in working out the weird combinations that arose.

Working in pairs, the guests had the advantage of two imaginations working together.

At the end of the thirty minutes, the real fun began, for the stories were read aloud and a vote taken to decide their merits.

The order of procedure was as follows: Each set of slips was read aloud, followed by the story which the pair of guests had made. Of course, in a way, there was a system to it.

The slips from the first box bore an adjective.

Those from the second, the name of a character.

From the third, a verb.

Fourth, the subsidiary character.

From the fifth, a word expressing a climax or dénouement.

And from the sixth, the aftermath, or conclusion.

Alone, the words did not mean much, but taken together their irresistible appeal was proved by the results of the contest.

For instance, a young minister who was present drew the following startling series: "Beautiful, actress, drinks, clergyman, elopement, delegation." He was a good sport, because the story that he and his partner contrived received honorable mention for the ingenuity prize.

Another: "Eloquent, chauffeur, crowned, Chinaman, battleground, tombstone."

The finished stories ranged from farce to tragedy, and from detective fiction to three-act dramas.

It was an enlightening experience. People who never before had exhibited a spark of imagination, out did Baron Munchhausen on that night. It was an eye-opener in another way, because it disclosed talent which we had never suspected.

For the best-written story, a small book of prose poems by Tagore, was given, and for ingenuity in handling impossible combinations the prize was Jack London's "Before Adam."

The hour was late before the last story was read, but the interest and fun seemed to grow with the time.

The following lists of ten words each are meant to be merely suggestive.

For box number 1, the adjective: Beautiful, ugly, energetic, slothful, cowardly, brave, ambitious, timid, thoughtful, stupid.

For box number 2, the first character: Banker, girl, laborer, dancer, butler, princess, detective, cook, German, student.

For box number 3, the verb: Loves, hates, finds, destroys, helps, kidnaps, elopes, accuses, punishes, murders.

For box number 4, the second character: Professor, actress, merchant, doctor, lawyer, Englishman, housemaid, Frenchman, nurse, shopgirl.

For box number 5, the climax word: Excitement, tragedy, arrest, fight, bribery, imprisonment, escape, betrayed, agony, joy.

For box number 6, the aftermath: Romance, advertisement, marriage, children, wealth, poverty, discussion, repentance, happiness, sorrow.

LANGUAGE OF CARDS

Clubs—Luckiest for happiness.

Hearts—Joy, liberality, good temper.

Diamonds—Quarrels, delay and trouble.

Spades—Sorrow, sickness and reverses.

Asking "No" or "Yes" questions. Shuffle the pack and deal until you come to an ace. If a red ace it means "Yes", if black ace, "No."

Telling fortunes—Shuffle pack and deal twelve cards at random, face up.

Diamonds—Ace—ring, letter or parcel; King—danger from a fair married man; Queen—a fair woman who will bring danger; Jack—misfortune from fair young bachelor; Ten—travels and money; Nine—pleasures and happiness; Eight—package coming; Seven—riches; Six—early marriage, gifts of money; Five—pleasant news, children; Four—children; Three—unexpected news, domestic troubles; Two—visit from a friend.

Hearts—Ace—letter with news; King—red-headed man; Queen—red-headed woman; Jack—red-headed young man; Ten—proposal of marriage; Nine—profits; Eight—enjoyment; Seven—a friend; Six—pleasant friends; Five— society; Four— you will sleep in a strange bed; Three—journey to a country; Two—meeting with a traveller.

Clubs—Ace—good news or money; King, Queen and Jack—brown-haired man, woman or young man; Ten—long journey on water; Nine—troubles; Eight—disappointment; Seven—a little money coming; Six—gastronomic pleasures; Five—deceitful friends; Four—gossips; Three—several times married; Two—a disappointment.

Spades—Ace—journey; King Queen and Jack—very dark man, woman or young man; Ten—trouble and sickness; Nine—news of death; Eight—coming sickness; Seven—unexpected discomfort; Six—quarrels; Five—death; Four—sickness; Three—travel and trouble; Two—a removal, a coffin.

HALLOWE'EN FUN
A PUMPKIN STUNT PARTY

Three days before Hallowe'en our crowd each received a yellow pumpkin-shaped folder tied with green ribbon about the stem. Inside was the invitation; outside, on the front, was a jack-o'-lantern face; on the back, the name and address.

The house had, to all appearances, been turned into a cornfield. Shocks of corn, pumpkins and pumpkin vines, and autumn leaves were everywhere, and jack-o'-lanterns bobbed overhead.

First was brought in a bushel basket nearly full of pumpkin seeds. Each of us, in turn, put elbows together, arms touching and hands, of course, spread open; thus we had to scoop up as many seeds as we

could carry in that way, walk across to the other end of the room, touch the tip of the nose to the wall, turn and carry the seeds back, dropping them into another basket to be counted. The winner was the one who brought back the largest number.

For the second game each person in turn was placed before a mirror and given a teaspoon and a thick glass quart milk jar. The jar was to be held firmly on the head with the right hand while with the left hand we took from a dish in front of us a pumpkin seed and put it into the jar. The game was to see who could put the most seeds in the jar in two minutes.

For the next game there was an empty baking powder can set in a round tin basin, the basin in a dish-pan; standing at a line five feet from this target we were to toss pumpkin seeds, one at a time, trying to get as many as possible into the baking powder can. Each seed in the can counted ten points, in the basin, five, and in the dishpan, one. Each person had two turns with five each.

Suddenly two little green clown figures, with yellow cambric bags tied over their heads and jack-o'-lantern faces marked on the bags, appeared on the scene. Holding hands, they sang to the tune of "The Last Rose of Summer."

"We're the last of the pumpkins left growing alone.
All our luscious companions are eaten and gone.
We'll hurry and join them, for such be our lot;
Please meet us at supper; we'll be on the spot."

The supper was a real Hallowe'en spread. When we got back to the parlor there was a big cardboard

wheel fastened against the wall. It was divided into pie sections by black lines and in each section was pasted a picture. Each in turn was blindfolded, and as the wheel was set whirling he was given a pointer and told to select his fortune as the wheel stopped. Just as the last fortune was told the boys began singing:

"Good night pumpkins, Good night, pumpkins,
Good night, pumpkins, we've got to leave you now."

Hang a row of apples in a line on a level with the mouth. These must be eaten with the hands of the person held behind the back. It is better to have groups do this and have the lookers-on to enjoy and laugh at their efforts, for all will try it in his own way.

Another trick is to attempt to pick a greased apple from the floor with two fingers.

Blowing out the candle is also interesting. A lighted candle is set on the table, the person is placed directly in front of it and blind-folded; then, having made a wish, he is led three steps away from the table and turned around three times, then he is left to reach the candle and extinguish it with one blow. If he does this his wish will be granted; if not, it will be denied.

THE VACATION JOURNEY.

If your vacation plans include any kind of traveling with the children, whether by train, motor-boat, or automobile, you should know the comfort of the many paper devices now on the market. A friend who was starting with three small children on a journey told me how she manages:

"Of course the care of a small baby on any trip away from home is a problem to the mother, but I tried paper diapers last year and found them splendid. They fold inside the linen ones, are absorbent, and do away with an extra bag, for it takes one to hold the number of linen diapers required for a trip.

"Not only for baby's comfort but for sanitary reasons I carry with me a paper nursery blanket (they cost very little) as a protection for the sleeper mattress, or to use on the seat of the day coach.

"All of us know how prone children are to get dirty on the train, and how many towels must be carried when traveling in an ordinary coach. I use those made of paper, and out of the window they go as fast as they are used on the journey. Of course I have paper wash-cloths, too, and I always take a flat bottle filled with soft water in which a bit of soap has been dissolved so that I can easily wash the children without leaving my seat.

"Although we are not like our Japanese cousins who at all times carry paper handerkerchiefs in

public, I have found out that the mother who provides them for use in traveling is very wise.

"Without doubt paraffin paper is indispensable to the proper packing of the lunch basket or box, and there are now no greasy linen napkins, for I use paper ones and discard them. Of course I have paper drinking cups, the kind that come flat and take up no more room than an envelope (they cost a few cents a dozen). Some railroad trains are provided with them, but I never risk going without my own. A few papyrus plates put in with the lunch are useful, too.

"I even carry paper amusements. A paper pad and several pencils, and card-board stencils, whiled away many a half-hour on our last trip. When these failed there were the advertising sections from old magazines, accompanied with blunt scissors, to take their place, and by the time all the pictures had been cut out there was ready a box of bright-colored papers."

PORCH PARTIES THAT BROUGHT PENNIES

"How shall we raise forty dollars by September 1st?" was the question before the women of our church last spring. Nearly all of us are mothers and busy housewives, with but few recreations, and unable to do much outside work. Many of us found it impossible to attend the sewing circle, whose members spent one afternoon each week quilting, at a dollar a

spool. Slow, tiresome work it was, too, in a heated room.

Someone proposed a series of porch parties, and they proved a great success. One was held each week, until each lady in the church had entertained. Each person brought her own work and paid ten cents, and the hostess furnished light refreshments. These usually consisted of ice cream, cake and lemonade; salad, sandwiches, and iced tea; or, wafers, tea and candy, easily prepared and served. If the day chanced to be cool, the party was changed to an indoor one, and hot chocolate or coffee took the place of the iced drinks.

Occasionally, a little musical program was arranged by the hostess, a vocal or an instrumental solo, or selections on the phonograph. Sometimes a puzzle contest enlivened the afternoon. In fact, we soon became used to most delightful surprises.

The ten cents apiece was hardly felt by the givers, the mothers were absent from home only about two hours, and at the same time they accomplished something in the sewing line.

By the first of September, we had forty dollars in our treasury, and were able to look back on the means of obtaining it as a delightful experience.

THE "JUST RIGHT" CAMP FIRE

There are three kinds of outdoor fires: cooking fires, fires for pleasure, and fires for warmth. A cooking fire is a poor warmer of cold bodies or tents in which

to sleep, and a "friendship" fire or "camp fire," as it is usually called, is of no value for cooking purposes.

The requirements of a good cooking fire are that it shall be hot under the utensils and not too hot to get near, that it shall not smoke, and that it shall be protected from the wind.

The best cooking fire for camp or picnic is made between two logs of five to ten inches diameter. They should be green logs, and laid on level ground to form a narrow V- and parallel the direction of the breeze, unless it is blowing a gale, in which case lay them across the breeze. A V log fireplace will be found much more comfortable than a stone fireplace unless in a permanent camp where one can be built with care and time.

To build a quick cooking fire you need a handful of dead twigs, a quantity of dead branches from one to two inches in diameter, and some kindling. If dead wood cannot be found, chop dry wood into lengths of about twelve to eighteen inches. For kindling, either paper or dead leaves is convenient, but if neither is at hand, use shavings of dry wood or resinous pine.

To start the fire, build a little wig-wam or pyramid of the dry twigs over the dead leaves, paper or splinters of kindling. There should be more at hand, and the firewood should be lying near. Do not attempt to make the little wig-wam large or to use much kindling. What is wanted is a blaze—its size is immaterial. As soon as the kindling ignites the twigs, add more twigs to the wigwam until a satis-

factory blaze is going. Then, and not until then, begin to lay the larger sticks across the blaze, criss-crossing them to make them catch fire quickly.

The result of building a fire in this way will be a hot, almost smokeless, fire of small size. Built between two logs, it is confined as to its heat and spread and the logs form the support for coffee pot and frying pan.

It is possible to cook a large meal for many people with a small fire by having it a long fire. Add more wood beyond the blaze in the direction to which the wind is blowing; it will speedily catch and you will soon have a fire three or four feet long, but narrow and of little flame. Half a dozen pots and pans can then be managed at once. In addition, the logs act as a confiner of draft and keep the flame and smoke going in one direction.

While coffee pot and hot water kettle can be placed upon the logs as soon as the wood has caught, open cooking, such as in a frying pan, is better left until the flame has subsided and only glowing coals are left. Neither eggs nor flap-jacks, beans, potatoes, meats or soups are any the better for being subjected to a fierce fire.

The "friendship" fire, or camp fire, or bonfire, is another matter. It is most easily started with the kindling and wigwam, like the cooking fire, but needs larger logs, with which a crisscross log cabin is built outside the little wigwam to protect it from the bigger logs, branches and miscellaneous wood, which can then be piled over the whole. The idea is to have a

small, hot nucleus of flame in the center protected from crushing by the fence or log house of larger sticks, and with plenty of catchable material surrounding it.

This fire, cheerful and pleasant though it is to look at, will not throw heat where it is wanted. On cool nights, especially in canvas, you want heat radiated toward the shelter.

To accomplish this, build a reflector by driving green poles four feet long into the ground in pairs several feet apart. The individual poles of a pair are six inches apart. Between these confining poles drop half a dozen six-inch green logs, thus building a "fence."

Build the camp fire directly in front of this "fence," which should be so placed that it faces the tent to be warmed about ten or fifteen feet away. The high fence of logs behind the fire will reflect heat and, as soon as the bulk of flame has died away and left a mass of glowing coals, will send forth warmth like a hot stone or brick fireplace. Such a fire, too, is excellent for baking in an open oven

Any dry wood makes a good fire; but different woods burn in different ways; oak smokes, splutters, and gives long,burning, glowing coals; pine, gives the brightest blaze but makes few coals; hickory is the talkative firewood.

A MOONLIGHT PICNIC

After losing our church by fire, the members of our choir made a pledge of one hundred dollars to the fund for the new building.

This pledge was raised in a very short time, and a large part of it came from the proceeds of a Moonlight Picnic, which turned out to be a great success socially as well as financially.

It was conducted as nearly as possible like an Old Settlers' Picnic or Home-Coming, except that we held it in the country on a moonlight night.

We secured the use of a country school and churchyard just three miles from town, and by thoroughly advertising for several miles in all directions, a great many people attended who never came to town to a church social or entertainment.

To accommodate those from our own town who had no conveyances, friends of the cause donated the use of their automobiles, which were run on the jitney 'bus plan.

A prominent lawyer from a neighboring city gladly came for his expenses and gave the address of the evening. A band from a nearby town furnished the music, free, and before leaving offered its services should we care to repeat the picnic next summer,

At a refreshment stand were for sale such things as are usually provided at picnics—ice cream, sherbet, homemade candy, and lemonade. As most of the refreshments also were donated there was little expense connected with the affair.

As we feared that the moonlight might not be sufficient at the band and refreshment stands we borrowed several gasolene torches.

Our picnic was declared by everyone to have been a grand success socially, and we of the finance committee know that it was so financially. We are planning another for the near future.

A SUMMER CARNIVAL

A successful carnival for the benefit of a church in our city has recently been held by a group of members and friends who live on one square. The porches and lawns on both sides of the street were gayly decorated with Japanese lanterns and colored lights.

Each porch or parlor was given up to a different attraction. In one home there was dancing to the music of a phonograph at five cents a couple for each dance. On another porch you could, for a small charge, indulge your musical taste by listening to good records. Salad, sandwiches and coffee, ice cream and cake, candy, fancywork, kitchen helps, and a grab bag for the children were other features.

A sightseeing automobile coined money at five cents a ride for a short trip around a few blocks, and was especially popular with the young people.

MARCH MERRYMAKING INCLUDING SAINT PATRICK'S DAY FUN

Entertaining en masse is more difficult than providing amusement for a small neighborhood group.

In a large gathering there are inevitably more guests who are unacquainted, and some plan must be decided upon for mixing the crowd and keeping a formal social ice from forming. Then also the kind of games and stunts which are suitable for a small group will not answer the purpose in a big one.

When the junior class of a city high school decided to have a jollification in honor of Ireland's patron saint, the guests numbered between two and three hundred Not a whit discouraged by this fact, however, the entertainment committee determined to make the "jollity win out over the jam," as somebody phrased it.

The summons was sent forth on white paper with a green shamrock ornamenting one corner and the envelopes which held it were sealed with big splashes of green sealing-wax. This is the way the invitation read:

The Junior Class of the City High School
requests the pleasure of your company
at a
Saint Patrick's Party and Irish Vaudeville
On March the Seventeenth
from nine to twelve

The big gymnasium where the party was given was decorated with green draperies and Irish flags, while bobbing rows of green balloons stretched saucily across the room. Bowls and jardiniëres of ferns and growing plants further added to the charm, and behind a shimmering screen of green cheese-cloth,

dotted with paper shamrocks the orchestra, consisting of a piano and a drum with their respective performers, was installed.

While the crowd was gathering, the musicians tuned up and Saint Patrick himself, who acted as master of ceremonies and wore a bright green tie in honor of his own birthday, led an informal sing. "Beautiful K-K-Katy," "There's a Long, Long Trail a-Winding," "Good Morning, Mr. Zip," and a score of other rollicking airs were sing.

The evening proper started with a novel kind of receiving line. This line was one in which every one had to join sooner or later and really an ingenious device whereby each guest would meet and shake hands with every other guest. The hostesses stood together, the men formed one line and the girls another. The first man introduced himself to the first hostess, was passed on down the line, and eventually became a part of it, standing at its foot. The first girl followed his example, then another man, and another girl, until every one had passed down the line.

After each guest had exchanged a word or so and a handshake with every other guest, Saint Patrick again appeared on the scene and prancing to the center of the room announced through a large green megaphone that all guests should—

> "Join, good friends, in a marching line
> And deck yourselves with favors fine."

The guests then formed the grand march and went through several of the most familiar figures such as

the bridge, the pivot, the merry-go-round, and the countermarch. In the course of this frolicking they received green-paper caps and hats which were immediately donned with much laughter and many complimentary remarks.

"A shamrock race will now be run
With a prize at its end for the winning one,"

rhymed Saint Patrick merrily, calling for volunteers for this novel contest. Each contestant was given two large pieces of green paper cut in the shape of shamrocks. The first piece of paper was placed in front of the contestant and he was told to step on it with his right foot. The other shamrock was for the left foot, and it was not permissible to step off the paper, such an occurrence putting one out of the game.

Saint Patrick blew a whistle for a signal to start, a goal was marked across the room, and the runners, amid much cheering and rooting, made their halting way toward it. A prize was awarded to the one who reached it first. This race may also be played with two contesting sides.

"If the Blarney stone you ever kiss
Your tongue will never speak amiss,"

next announced Saint Patrick. This exciting ceremony, which was in the nature of a trick, was private, so that the secret would not be given away to all the guests before their turn came around. A green arrow pointed the way to the Blarney stone and the seeker after the magic was blindfolded. He was then told to kiss the rough sandpaper surface three times, after

which he would always be "irresistible." Twice he complied and before his lips touched it the third time a saucer of salt was emptied over it.

"In this class no one can nap;
Let's put some towns on Ireland's map!"

was the summons to Irish Geography. To play it two lines were formed, facing each other, partners side by side. Two sets of the alphabet were distributed; a green set was given to one side and a white set to the other. Saint Patrick called out the names of different Irish cities such as Dublin or Belfast, and those players holding the letters which formed the word came to the center of the room, holding their letter high. If a latter was used twice in the same word, the holder went first to one place and then to the other. In case of a double letter he needed only to wig-wag it back and forth. Saint Patrick acted as judge and decided which side formed the word first. A score was kept and a prize awarded to the winning side.

No better method of serving a large crowd can be devised than the one used at this party, which was a la cafeteria. Four tables shaded by green-paper umbrellas composed the only equipment that was necessary. The use of paper napkins and plates meant much less trouble for the entertainment committee when it came time to straighten up the gym on the cold gray morning after the party.

Partners were found for supper by having the girls disappear behind a screen over which were thrown

long green ribbons to which paper shamrocks were attached. The boys grabbed the shamrocks and found partners at the ribbons' ends Then each couple was presented with a basket, and Saint Patrick called out:

"And now it's surely time to dine;
To find your eats, all fall in line."

So the guests did as they were bidden and procured their supper at the four tables. At table number one they found delicious sandwiches, at table number two a salad in a green- apple case. Table number three offered fruit and cakes, and table number four furnished the dessert in the form of dainty ices.

After supper the last half of the evening's entertainment promised on the invitations as an Irish Vaudeville was offered by home talent. The stunts were all easy to carry out, the costuming was of the simplest, and most of the stage properties conspicious by their absence. Although in this entertainment the numbers were given an Irish twist, they would be suitable for any other occasion by eliminating the Irish motif. Saint Patrick announced the opening number as "The Irish Newly Weds, Patrick O'Malley and his wife, Molly, straight from the old countrie."

This stunt was carried out by one man, one side of whom was dressed to represent Patrick and the other side costumed as Molly This phenomenon was easily arranged by putting on the man's clothes first. On Patrick's side the hair was combed straight back, a soft green hat, with one side pushed into the other,

was worn and on Patrick's foot there was a very masculine sturdy boot. Mollie's green dress was drawn together so that only one-half showed, one sleeve of her waist being pushed through the other, and on her foot was a frivolous high-heeled slipper ornamented with a green bow.

The impersonator carried on a most animated conversation talking in a deep bass voice for Patrick, and in a shrill feminine one for Molly, all the time observing the Irish brogue. When Patrick was speaking, his side was turned toward the audience, and when Molly answered her side was switched around. The Newly-Weds made love to each other in most honeyed tones, then quarreled violently, had a reconciliation, and in fact acted a whole chapter out of a matrimonial romance.

Erin's Famous High Quartet came next. Crouching down on their heels these celebrated musicians sang "Mavourneen" in a low key. Gradually they rose, stood straight, then on tip-toe, and finally climbed upon chairs. Every time they changed their position their tones became higher and higher until at the close the audience was holding its hands to its ears.

The Hibernian Concert Company was another funny feature, giving opportunity for several stunts in one and making use of a number of performers. Mike Kelly, the manager of the company, was seated at the piano to try out the various aspirants after theatrical fame. As each applicant entered, he or she was asked what he could do and was then requested

to give an example of his talent. One girl recited in a shrill, trembling voice, another sang in a deep bass, while a third rendered a classical dance. Number one was rejected because her "temperament was too pronounced," number two because her voice wouldn't stay put" and number three because her "feet got in each other's way."

The audience was convulsed with laughter when the whole O'Brien family appeared at the bureau in quest of vaudeville engagements. There was Papa O'Brien, very tall and impressive; Mama O'Brien, short and stout; Aunt Kathleen O'Brien as old-maid relation with a tall thin body and a harsh thin voice. The O'Brien twins were two simpering girls, fetchingly dressed in green cheese-cloth dresses. The last member of this astonishing family was "Terry, the terrible," a small boy, wearing dark trousers well patched with green, worn-looking shoes, and a straw hat minus the crown. Each one performed a different stunt in burlesque style, and then they united in singing a song.

Other numbers on the program included "Paddy, the Wonderful Magician," "Taking a Ride in Patrick's Patrol-Wagon," "On a Balcony—An Irish Love Scene," "A Bare-Back Rider," "A Green Tragedy," "She Would Flirt," and "How to Grow Thin or Fat While you Wait."

AN AUTOMOBILE PARTY

The following party kept a Sunday-school gathering, ranging in age from seven to seventy, in a roar of laughter for three delightful hours.

The large primary room in the basement was used, and was decorated to represent the exterior of an oil station. Broad bands of red, white and blue bunting circled the walls and wound about the pillars, with here and there a sign, such as, "Gasolene, 28c, a gal." "Free Air," etc. Strings of red, white and blue crêpe paper pennants crossed overhead and fluttered gayly in the lightest breeze. A few discarded tires provided local color.

License tags, with the provincial emblem and a number, were pinned on each person at the 'door and each guest was instructed to write his name on this tag.

Colored advertisements of seven well-known cars' the names of which contained eight letters respectively, had each been cut into six pieces, and the pieces were given out to the guests; grown-ups and children received pieces of the same auto.

It was announced that the first auto assembled would receive a prize, and the ice was broken at once in a spirited search for missing "parts." Each member of the winning group was given a pill box filled with small white candies resembling miniature tires, tied with red, white, and blue baby ribbon.

Every group then retired to a more or less secluded spot and composed an eight-line acrostic, the first

word of each line beginning with one of the eight letters of its "auto name," These "pomes" were very funny and were read aloud amid hearty applause. A standing vote was taken to determine the prize-winner, and the lucky group received a small glass automobile holding colored candies.

The next stunt was relay race, conducted as follows: Three-foot leading strings were attached to two small toy autos, and the company chose sides, forming two lines along opposite walls. A whistle was blown, and the captain of each side seized a string and started down the room between the lines, across the room, and back to the starting line, where the next racers in turn seized the strings, and made the round trip. This continued till all had "raced."

No one was permitted to touch anything but the string, and the trip had to be made on "all four wheels." The least attempt to hurry was sure to result in a disastrous spill. A stick of gum, labeled "Emergency Tire Mender," went to every racer on the winning side.

The guests were then seated in rows, and before them the primary blackboard was set up, upon which appeared the story of an automobile wedding with blank spaces to be filled in with names of well-known cars.

Refreshments were then served from a small "oil station" in a corner, and consisted of three "extra tires" (doughnuts), and a "gallon of gas" (lemonade), for each guest.

WASH-DAY BAZAAR

The posters advertising this fair should be printed in red and blue on a white background, if it is given for patriotic funds. In any case, use blue for Blue Monday's sake. The following rhyme will inspire interest:

As usual, Monday's wash day,
And, be it wet or fine,
You'll find some things you'll fancy
A-hanging on the line.

Arrange the room in which the fair is to be held like a back yard on wash day, by stretching clothes-lines from posts or hooks, fastened on the walls, leaving aisles for the purchasers to walk through. Border these paths with growing plants, especially if the fair is held near Easter; or artificial flowers, preferably those which could be sold for hat or dress trimmings.

Articles plainly marked with price tags should be hung by clothes-pins from the lines. Aprons of all descriptions, garden, kitchen and fancy work ones, could constitute part of the "wash," and the rest might consist of sunbonnets, children's rompers, overalls, cushion tops for porch pillows summer bed-spreads—everything useful, as far as possible.

Even the clotheslines and the clothespins should be for sale. Some of the window lines on pulleys, and the small-sized clothespins for the traveler, are sure to be popular. Washday necessaries, such as soap, washing powder and blueing, of which probably a

great many will (if so listed) be donated by the manufacturers, should be grouped together at one table, so that the buying of one will suggest the need of another. Homemade soap would certainly find a ready sale.

Sets of garden tools standing in the corners add atmosphere and, since gardening has become so universal would no doubt find eager buyers.

A few wicker chairs and a couch hammock or two may furnish resting places for the visitors.

From an old-fashioned well a pretty girl should serve lemonade at ten cents a glass and a small boy could push a small wagon filled with popcorn and ice cream cones in and out among the lines, attracting pennies by a whistle.

Serve a Monday cold lunch at a counter where the attendants wear the maid's costume and take orders for war cake, bread and cookies.

A clothesline hung on the level of a child's eyes should hold the things most likely to appeal to the little ones, and a big pillowcase, billowing with gifts instead of wind, might masquerade as a grab-bag.

FEATHERED FOLK

CAN YOU ANSWER WITH NAMES OF BIRDS?

1. A ruler; and a laborer by the sea?
2. A crime; and a preposition?
3. A bird noted in nursery rhymes?
4. Sad?
5. Two; decay?
6. Part of a day; a lodging house; a tempest?
7. A vegetable; very small.?
8. Found on a beach; an old-time musician?
9. A hilarious time?
10. Always goes with a dose of medicine?
11. Found on a ship; found in a vegetable garden?
12. Raw product of the mines; a letter of the alphabet; negro dialect for "ancient"?
13. Winter's beauty?
14. A vegetable; a fowl?
15. A musical habit?
16. Part of a fire; a preposition; to depart?
17. Symbol of which we have heard much?
18. Something that burns; a measure; to make a mistake?
19. To separate; a long stretch of mountains or raised land?
20. Symbol of strength and money?
21. Symbol of destruction or greed?
22. Symbol of wisdom?

ANSWERS TO FEATHERED FOLK

1. Kingfisher
2. Robin
3. Blackbird
4. Blue (bird)
5. Parrot (Pair-rot)
6. Nightingale (Night-inn-gale)
7. Peewee (Pea-wee)
8. Sandpiper
9. Lark
10. Swallow;
11. Sparrow (Spar-row)
12. Oriole (Ore-i-ole)
13. Snow (bird)
14. Peacock
15. Humming (bird)
16. Flamingo (Flame-in-go)
17. Dove (Peace)
18. Woodpecker (Wood-peck-err)
19. Partridge (Part-ridge)
20. Eagle
21. Hawk
22. Owl

SNAPSHOTS AND ADVERTISEMENTS

We had a big family party one evening and the place cards were such fun everyone should try making these pictures as a form of home entertainment. I collected all the old snapshots around the house; I found one of everybody, but some were years old, which only added to the fun. Then I pasted ads from magazines on the cards, and substituted the snapshot faces for those of the ads. It was a lot of work, but well worth it. Uncle John, a Methodist minister, was rolling a cigarette from a box of tobacco in a crowd of jolly college boys; father, who is the most dignified lawyer one could imagine, stood by a cutting table, shears in hand and a tape measure around his neck; and cousin Hal, who had brought his finacée, was holding a buxom girl of about four hundred pounds on his lap.

A "STUNT" PARTY

Anyone who has hobnobbed with a studio crowd can tell you what fun "stunt parties" are if each one is willing to do his share in contributing to the general amusement. But "stunt parties" are apt to fall very flat when only a few are willing to provide something ridiculous or semi-professional for the entertainment of the others. It is a long step toward popularity, this reputation of having a stunt, or being known as one who can give at a moment's notice some delicious piece of nonsense or creditable bit of

entertainment. Those who are lucky enough to be good mimics, who can sing a song, or dance, need not worry, but there are many of us not so gifted. Here are some stunts that anyone can do, as much of their fun depends upon the travesty and the costume.

The Wonder Child.
Watch Her Grow!

A small girl with a babyish face and short hair can put her audience into hysterics with this "growing up" stunt.

When the "curtain" or screen is removed she is discovered, dressed in a night-gown with short puffed sleeves and rounded neck, lying flat on the floor facing the audience. She wears a baby cap, bib, and teething ring. Reciting some very foolish child's verse, or prattling incoherently, she hunts excitedly for her rattle. In doing this, she unties the strings of her bib, cap and teething ring, and stands up. Since she is now a little girl with wide sash and short skirts she may sing a kindergarten song, tell some jokes in a lisping voice, or recite a Mother Goose rhyme. Following this, she lets down the nightgown, which has only been tucked up under her sash, to ankle length, pulls the sash to her waistline, shakes down her hair, and produces a diploma from under her sash. Behold the sweet girl graduate, who recites, with much faltering and stage fright, a ridiculous valedictory with extravagantly stiff gestures! To finish out the farce, someone behind the scenes may prompt her in loud tones.

PATHETIC DANCES

One need not know how to dance to travesty the esthetic dances now so popular. A sheet and ribbon filet for the hair is a sufficient costume, or if you want to go into it a bit more farcically, you might try the following: To Grieg's "Morning" played on a victrola or piano, do a stretching dance. When the alarm clock goes off, timed to ring at the beginning of the dance, a sheeted figure is seen to unfold herself from a heap on the floor. She may even have her hair in curlers and wear an old-fashioned high-necked, long-sleeved nightgown. Slow, measured steps interrupted by yawns, stretches and grotesque poses make up the entire dance. As the last strains are played, the dancer may collapse on the floor, and pull the sheet over her head, to signify a return to bed.

To Mendelssohn's "Spring Song," a travesty may be done by a girl dressed in brilliant green cheesecloth, wearing bright pink cotton stockings for "bare feet". She binds her hair with string, and ties a bunch of radishes over each ear. A stuffed parrot is fastened to one shoulder, and she carries onions, lettuce or some other green vegetable which she feeds to the bird from her mouth.

Another of her specialties is Cleana Batha, who is an Eastern dancer with draperies of Turkish towels, sponge earrings, a basin head-dress and bath slippers.

BUNGLER, THE JUGGLER

He may be dressed in any fantastic form, with padded muscles on arms and legs; he lifts rubber balls or balloons with a great show of strength and walks a tight rope stretched directly on the floor.

A PRIMA DONNA

Anyone who is at all clever at mimicry can do this easily. Stand in front of a concealed phonograph and go through the antics of an opera singer, a violinist or the conductor of an orchestra, without, of course making a sound.

RAGGED RECITATIONS

Take any hackneyed poem, such as "Curfew Shall Not Ring Tonight" or "The Face on the Barroom Floor" and "rag" it to the tune of a popular piece of jazz. This is done with a ridiculous effect. It is not sung but is recited in syncopated ragtime, very fast and breathlessly.

SCREENLESS MOVIES

If someone at the piano will play typical movie music, one person or several may act out a thriller. The music serves as much as the acting to indicate the "plot."

PANTOMIME DANCES

Pantomines are always good, but if they are done to dance time while someone plays a waltz or fox trot they are funnier. A famous stunt of this sort is a "flirtation" waltz, done by two boys; one of whom is supposed to be a lone damsel on a park bench, the other acting the part of a gay cavalier.

A HIT-OR-MISS WEDDING

Lots of fun can be had at a mock wedding. Let the hostess or a self-elected committee gather up all the odds and ends of costume properties available, ribbons, hats, spectacles, neckties, canes, umbrellas, sheets, portières, cushion covers, feather dusters, rubbers, or anything ridiculous that may be worked into a costume. Divide them into as many bundles as there are guests. There will be one for the bride, one for the groom, one for the mother of each, for the minister, for the bridesmaid, best man, flower girl, page, small brother, fathers, maiden aunts, rich uncles, and poor cousins, according to the number of guests to be costumed. Each bundle should be numbered; even numbers for the men, odd for the girls. Each guest draws a paper slip numbered to correspond, and claims his or her costume bundle. When all are clothed, the wedding begins. If something funny like this does not happen it will be strange: The largest girl in the crowd is likely to draw the mosquito netting, paper bouquet

and sheet for the bride, and the smallest man, the white gloves, high paper collar, and high hat of the groom. Someone's lace blouse and black skirt are going to turn a chubby, little man into a jolly minister with charcoal "side-boards" and the ring on a cushion is apt to be carried by a six-foot page.

POPULARITY PARTY

I am assuming that for community parties such as are described in this article the number of guests will seldom be less than fifty, and that the room will be long enough to permit at least thirty-five people to stand in a single column; and I shall endeavor to give some of the general principles followed in constructing indoor programs, a typical party plan as a foundation on which to build future programs, and directions for games for such programs.

We try to have about fifty per cent of an evening's program rhythmical, for there is something invaluable in the combination of laughter and rhythm. An informal "sing" while the crowd is gathering has proved more effective than the informal game.

The evening proper begins with a receiving line into which everyone goes. The men line up in one column and the girls in another. The first man introduces himself to the first chaperon, who passes him on to the next one, and so on, until he has met the last one. He then takes his stand next to her, becoming part of the line.

The first girl goes through the same procedure, then a man, a girl, etc., each one becoming a part of the line in turn until the last one has passed down the line. This is especially good for a group of strangers, but there is a certain dignity and formality about it that make it good for any kind of community group. After this the program given below is followed.

GRAND MARCH. The grand march always starts the fun. No matter how uneven the number of men and girls, there is something so contagious about lines of young people—for they are all young in the grand march—swinging up the room that everyone from grandfather to wee Betsy wants to be a part of it. The grand march should not be merely a grand march; it must be a *grand* march, and every figure should be a game. Three figures are given in the directions below:

To begin the grand march have guests fall in, in two separate columns—men in one and girls in the other—the leader of each column facing the director. The two lines separate, each leader taking his line to the other end of the room, where the two lines meet and come up double—with partners.

FIGURE 1. COUNTERMARCH—Each leader turns back close upon his own line, turning always away from the center at each end of the room. When the lines are widely separated, the leaders at the far end of the room bring the lines to the center and come up in twos.

FIGURE 2—Come up in fours. The three on the right of each line of four march right, leaving one

on the left to march alone to the left. Come up in fours. Three on the left side of each line march left, leaving one at the right to march alone to the right. Come up in fours.

FIGURE 3. THE BRIDGE—Divide in twos again. When these two lines of partners meet at the far end of the room the line at the director's right forms a bridge by holding the inside hands high, while the other line passes under it, both lines marching all the while. When they again meet at the director's end of the room the other side forms bridges and the former bridges pass under. This is done twice, both sides forming bridges two times. Either fast-time music or skipping step adds a great deal.

FOLDING-CHAIR RELAY. Eight couples of a large group are placed in groups of two couples each, one couple standing behind the other, the entire group about twenty feet from a goal line. The first man of each group carries a folding chair unopened. His partner takes his arm and must keep it throughout the race. At a signal, each first couple runs to the goal line, where the man opens the chair, places it, seats his partner in it, helps her up, folds the chair, and together they run back to touch off the next couple.

There may be several variations of this. For example, walk instead of run; walk backward to the goal line; the man stands on the chair and, with his partner, counts to twenty; the girl must sing the chorus of some popular song to her partner.

Popularity. Music, "Turkey in the Straw," one verse only, repeated over and over. A whistle is blown at the end of the verse, or at unexpected intervals.

This game is invaluable where there are more men than girls, or vice versa. Assume that there are more men. All the men bunch in the middle of the room. The girls circle around them in as large a circle as possible, faced for marching, which means always with the left hand toward the inside of the circle. At a command, every man who can takes a girl for his partner. The rest stay in the center. The men and the girls forming the double circle march around until a whistle blows. The men then about face and march in the opposite direction, while the girls continue marching forward.

At a second whistle all the men, including those from the center, jump to get partners. The left-overs are not allowed to leave the circle, but must go to the center and wait for the next chance. The marching continues as before. This is one of the most popular games for large groups.

Newspaper Race. Each contestant is given two newspapers, one for each foot. He places one newspaper in front of him and steps on it with the right foot. He then places the other for his left foot, and so on, being allowed to step only on newspaper. The contestants race to a given mark and back.

Living Alphabet. Two differently colored sets of the letters of the alphabet are given out to two groups. The leader calls out words, easy at first, and those from each group holding the letters making

up that word must run out and form the word, each one holding his letter high and facing the judges. If a letter is used twice in a word, the holder must go first to one place and then to the other.

In case of a double letter the holder needs only to jiggle his letter back and forth. The judges decide which side forms the word first, and score is kept. Eleven is usually the score limit. Judges should be so placed that the audience will be able to see clearly the formations of the words.

Going to Jerusalem. The principle of the 1919 model is exactly the same as that of the 1862 model—familiar to all—with the exception that girls or men may be substituted for chairs. About ten girls may substitute for chairs, standing in a column. Count off in twos down the line. The No. 1's about face so that along the entire column No. 1's face No. 2's, and each one stands with her right hand on her hip. Eleven or more men line up around them, march when the music starts, and when it stops most unexpectedly scramble for an outstretched elbow. The left-over man and one girl are removed from the line of players each time.

Suitcase Race. Each contestant has a suitcase and an umbrella. In the suitcase are a hat, a coat, gloves and other clothing desired, so long as the contents are uniform. At a given signal all contestants run to the goal, open the suitcases, put on the clothes, close the suitcases, open the umbrellas and run to the starting point. The use of the relay plan adds greatly to the excitement.

Do This, Do That. The company is put on the floor in gymnastic order. Orders are given for foolish gymnastic movements, and anyone who obeys a command which is preceded by "Do That," rather than "Do This," must turn his back to the leader.

Stunt—"The Pigtail Quartet." Four girls who have good voices and long braids stand in a row with their backs to the audience. The music master produces a most wonderful quartet by pulling on the braids as he would pull bell ropes. After a good selection they may sing a funny one, striking wrong notes, etc., and at the end the director, by an apparent mistake, pulls off a false pigtail.

Virginia Reel No. 1. The unique feature of this Virginia Reel is that the entire group, by couples, performs figures at the same time, The company is in two long lines, the partners facing each other.

(1) Each side joins hands along the line. The lines come to the center, bow, and go back. Repeat.

(2) The lines drop hands. Each couple performs the following figures, all couples going through figures at same time:

(a) Come to center and bow.

(b) Swing round right hands.

(c) Swing round left hands.

(d) Swing round both hands.

(e) Back to back. (Arms folded high, go round each other at center, back to back.)

(3) All follow the leaders, who march each line turning away from the center to the place where the last couple had stood. Then the leaders join hands,

forming a bridge under which each couple passes, each one forming a new bridge.

THIS IS MY NOSE. The leader says "This is my nose," but points to her ankle. The one in line to whom she has pointed must point to his nose and say, "This is my ankle" before she counts ten, or he must go down on his knees until a correct answer, later on, reinstates him. The leader continues in similar fashion, pointing to various parts of the body, calling each by the name of some other part.

RIG-A-JIG-JIG. Music, "Rig-a-Jig-Jig" (in "The Most Popular College Songs"), one verse only, repeated over and over. A whistle is blown at the end of the verse.

Form a large single circle. Drop hands and step back. Any number, varying according to the size of the circle, but usually from two for a small circle to ten for a large one, are chosen to step inside the ring and march around counter clockwise, close to the outer ring, till the first whistle blows. Each then takes the girl or the man—opposite, of course—nearest as partner; they cross hands, as in skating, and go skipping around the circle close to outside ring till the next whistle.

All those who have been skipping drop hands and march around, single file. At the whistle, they take partners from the outside circle. When all have been chosen and have partners, the director calls out "Change partners," or whistles at very short, irregular intervals, the players all the while skipping in a circle and catching new partners at every signal.

The general plan is that every lively activity in which the whole group takes part is followed either by some event put on by two or more people, like "This is My Nose," or by a stunt. The general "sing" takes up not more than fifteen minutes and includes war songs, old favorites and funny songs, like "John Brown's Baby Has a Cold Upon its Chest." Group singing contests are very successful.

The very best music for this kind of party has proved to be piano and drum.

Some of these games may be used over and over again. Games like "Popularity," "Rig-a-Jig-Jig," and "Living Alphabet" have been used most successfully three and four times a week.

For breaking the ice, for getting everyone to playing, for choosing partners and for formation of games, the grand march is invaluable.

The evening is usually closed with the leader's best game when the fun is at its highest point. "Good Night, Ladies," sung at that time with real meaning, is most effective!

Beauty.

SUPERFLUOUS HAIR AND ITS REMOVAL

It has been my pleasure to consult, and to render any possible suggestion and advice to many who have from time to time come to me about matters of facial blemishes, skin and hair. I have often been asked for information and advice upon the removal of superfluous hair on face and arms. It is worthy of note that for the future guidance of my readers, the question of removing them by liquid or powdered depilatories, or, by a process called electrolysis should be seriously considered.

There are many depilatories perfectly harmless to use, but persons using them must remember that although they destroy the surface growth of hair, they do not effect a permanent cure. If a person has suffered facial blemishes through shaving or cutting off any existing hair it naturally will mature into a stronger growth. If for these reasons, the present conditions have to be overcome, then I would suggest the electric needle. Suggesting electrolysis does not commit me to say that this process is a permanent cure. No, it is not, and never will be in its present condition. I will go as far as to say that in fifty per

cent. of cases the hair returns with a stronger growth.

Presuming that the point of the needle penetrates the hair shaft to the root and the chemical acid liberated destroys the tissues, the hair will not return. The hair in this case would be in growth perfectly perpendicular or straight in structure from root to surface, but if every hair grew the same in structure, then electrolysis properly treated would become a permanent cure. But all hair structures are not the same. Many hair shafts to the roots are in a curved formation, and this cannot be detected with the naked eye. The electric needle, being straight, its point penetrates the shaft and pierces the base near the root. It destroys the shaft, but does not touch the root, and the hair grows again.

Destroying the hair shaft does not destroy the life of the root, and a new and stronger hair shaft is formed. If this process is repeated upon the new growth it will naturally cause disfigurement of those parts on the skin by leaving small holes and sometimes scars. After seeing so many deplorable skin conditions caused through this process, I feel that this information will cause many to hesitate before throwing their good money away. There is not a dermatologist existing who will guarantee a permanent cure of all superfluous hair by electrolysis. It is a costly and painful operation, and often causes small scars, especially in the hands of an incompetent operator. If superfluous hair in a matured growth must be removed, it is better to use a reliable depilatory, even if one has to resort to this performance once a week.

It is not advisable to allow cold creams to remain on the face over night or for a long period The animal fats in creams left on the face or skin will help to mature the growth of fine hair Persons who are troubled with fine dark hairs on a fair skin would do better to bleach them than to resort to the first act of cutting or applying depilatories. Use ordinary peroxide of hydrogen, and apply daily to the parts affected until bleached very light. This will blend with the complexion, and the dark growth will be subdued. This is considered the best remedy. It is harmless, and will not make the hair grow stronger.

AIDS TO CLEAR SKIN

Enlarged pores are the most troublesome facial blemishes to overcome. Much has been said and written on this disfigurement of skin. It extends to all parts of the face, nose, neck and chest. It commences in persons from fourteen years, and if aggravated by the use of common acid creams and powders, will in time develop blackheads. The enlarged pores become clogged with a sebaceous matter that is caused by the collection of refuse in the sweat glands. As the collection of dust, powders, liquid facial powders, dry cleaning creams or vanishing creams accumulate, so do the tiny pores become enlarged. In time, the matter is forced to the outer surface of the delicate tissues, and when exposed to the air, forms a discoloration.

A natural blackhead is easily removed. This is done by using a good pure white wax face cream. After the face has been well massaged, use hot water, with a pinch of bi-carbonate of soda, and apply this with the aid of a cloth or towel. Clean the face well, using a little pressure. The sebaceous matter will release itself from the pore. Apply hot water again, then use ice-cold water. Do not use too much pressure when extracting the blackheads. The tissues are apt to be ruptured, and will oftentime result in further disfigurement of the face.

The skin is composed of three layers. If examined closely you will notice in many cases that the outer skin completely covers the blackheads. That is the reason persons suffering from discolored pores cannot extract the matter formed underneath. Blackheads cannot be eliminated with the aid of face cream or lotions. Remember, the matter must be extracted. To completely cure the skin of enlarged pores or blackheads, the outer skin has to be reduced by the aid of the nutritive skin salve. This draws every bit of secretion from the inner skins, and draws the blackheads from the pores to the outer skin.

If this is applied for six nights, you will notice the tiny blackheads protruding from the skin like fine hairs. Resorting to hot water and bi-carbonate treatment, this can be easily removed. Apply again for six nights, and by this constant procedure you will in time free every enlarged pore of its refuse. No face cream should be allowed to remain on the skin after applying, and, lastly, avoid applying face powders on

top of cream applications. There are preparations made exclusively for overcoming the evils of creams and powder—lotions that will help strengthen the tissues, help close the pores, and massage out the newly-formed matters, and at the same time render the skin soft, like velvet.

COLD CREAM

Rose water, 4 ounces; almond oil, 4 ounces; spermaceti, 1 ounce; white wax, 1 ounce; tincture of benzoin, 1 drachm.

Into a double boiler put the almond oil and add to it the white wax and spermaceti, which have been chopped fine. Let these melt, but not boil. The water in the lower vessel must just simmer, never boil. Turn them out into a bowl and beat briskly with an egg beater or a fork, scraping down the sides of the bowl constantly, and keep on beating it until it is all creamed and absolutely smooth. When the mixture has cooled, add the rose water and the benzoin, drop by drop, beating meanwhile without ceasing until the cream is quite cold. If the odor of rosewater is not liked, you can substitute lilac or violet water in its place.

HOW TO REDUCE

The exercises given below were secured from a Chicago beauty expert who claims to have reduced

her model, Mrs. Eva Lane, thirty-six ponds in six weeks by her exercises and diet.

Diet and Exercises Used in Work of Reducing Mrs. Eva Lane 36 Pounds in Six Weeks.

FIRST WEEK

On rising—One glass of lemonade without sugar.

Breakfast, 8 a.m.—One lean slice of bacon or one inch square of cheese, one dry roll, and either one orange, apple or peach; add coffee without sugar or cream.

Noon, 12 a.m.—Fresh fruit—one orange, peach, apple or pear.

Dinner, 3 p.m.—One green vegetable (all she wanted of it) prepared without butter, oil, cream or milk. Those allowed being spinach, onions, string beans, lettuce, celery, cresses, white cabbage, asparagus, cauliflower, tomatoes and radishes. One glass of either buttermilk, lemonade without sugar, or plain water, sipped slowly.

Supper, 7 p.m.—Three ounces lean beef, mutton, lamb or one soft boiled egg; one slice bread (bran or graham) or dry toast or stale bread, but no butter; radishes; sour pickles.

Starchy foods, sugar, oil and alcohol must be tabooed if you hope to reduce.

Every day Mrs. Lane walked, beginning with a mile and increasing to two or three miles. She practised deep breathing constantly. Nothing burns up fat like oxygen.

Mrs. Lane did exercise from three to five times at first, quickly increasing to 100 times; she prevented muscle lameness by short, hot baths, followed by vigorous rubbing. Dieting without exercise would have left her flabby and ugly.

Head Raising Exercises.—Reduces back, abdomen, double chin. Lie flat on back, crown of head on floor; raise head to chin on chest. Keep heels and shoulders on floor.

Bicycle Pedaling Exercise.—Reduces thighs, buttocks, hips. With hands clasping knees, thighs flexed on abdomen, foot extended, toes pointed outward, push legs forward alternately with resistance.

Upward Kick Exercise.—Reduces hips, adbomen, calves, ankles. With thighs flexed on abdomen, foot extended, toes pointed outward, kick feet alternately upward with vigorous thigh action.

Deep Breathing Exercise.—Lie flat on back, hands at sides, inhale deeply as arms slowly circle on floors to upward stretch position. Blow forcibly as arms circle back to sides.

Mrs. Lane practised these exercises between the rounds of her regular household duties—sweeping dusting, cleaning, ironing, getting meals, washing dishes and making beds—all of which help to reduce. Up at seven in the morning, she had plenty of time to go through the exercises, once in the morning, once in the afternoon and once in the evening.

After each period of exercising Mrs. Lane took a hot and cold shower, followed by a vigorous rubbing, and then laid down till thoroughly rested.

SECOND WEEK

On rising—One glass of lemonade without sugar.

Breakfast, 8 a.m.—One and one-half ounces lean ham or bacon or dried beef; one dry roll or one piece dry toast; cup coffee or tea without cream or sugar.

10 a.m.—One glass of water and lemon without sugar.

12 m.—One orange.

Luncheon 3 p.m.—Four ounces clear broth, with no fat; abundant portion cooked cabbage or tomatoes or asparagus or celery, prepared without butter, oil or cream; one glass of lemonade without sugar.

Dinner, 7 p.m.—Three ounces lean beef, mutton or lamb; one slice bran bread; celery or radishes; coffee without cream or sugar.

You may combine the 12 m. and 3 p.m. allowance if you wish.

Increased acidity, a condition which arises from strenuous dieting and exercising should be warded off by taking a teaspoonful of calcined magnesia morning and night for three days. Discontinue for three days and renew for another three days during the whole course of reduction.

Each set of exercises includes chin and neck muscle practice. After practising each set you should massage your face and neck with cold cream for a couple of minutes, followed by dashing cold water on skin. This will make the skin of your face firm and prevent "wattles" under your chin. Then at night before retiring give neck and face a special massage, ending

with a rubbing over with either camphorated ice or plain ice to contract the pores.

During the second week Mrs. Lane increased her daily walk from two to three miles a day, breathing deeply as she walked.

Mrs. Lane practiced each exercise once in the morning, once in the early afternoon, once late in the afternoon, and once before going to bed.

The following are the four exercises practised by Mrs. Lane during second week:

First—Assume sitting posture with soles of feet together. Stretch head back as far as you can. Then go forward as far as you can, bringing hands around to clasp ankles as you start forward. Then see how nearly you can touch toes with your head. This is difficult. Don't strain—begin with three times and gradually increase. This exercise reduces back, abdomen, chest and neck.

Bowing Exercise.—Reduces abdomen, legs, neck, back and chest. Lay flat on floor, face and toes down, slowly raise head and legs, keeping legs stretched to tip of all toes. Do this three times, and increase gradually. Don't strain.

Percussion Movement.—Tones up muscles. Begin this slapping exercise first by slapping the sides of the waist vigorously with both hands, inhaling a deep, full breath as you slap; stop slapping and blow out forcibly; then with clenched fist pound shoulder hollow at base of collar bone, inhaling and then forcibly exhaling. Repeat set three times, increasing gradually to twenty-five or thirty.

Liver Squeezer Exercise.—Seated on a stool without a back, eyes straight ahead, hands grasping sides, keep feet firmly planted on floor, and swing the body first to right five times. Then assume straight ahead position again and swing body to left five times. Rest a minute, then bend the upper body as far as possible from one side to the other. This is a wonderful waist reducer.

THIRD WEEK

On rising—One glass lemonade, no sugar.

Breakfast, 8 a.m.—One and one-half ounces dried beef or lean bacon, or thirteen double peanuts, or eight large almonds (for the vegetarian), one toasted slice bran bread, apple, coffee or tea without cream or sugar.

12 m.—Glass lemonade or cup of coffee, no cream or sugar.

Luncheon, 3 p.m.—Four ounces clear broth (no fat), celery (all you want).

Dinner, 7 p.m.—Three ounces beef, mutton, fish, or chicken, or four cubic inches cottage cheese, lettuce, or spinach (all you want), sour pickles, coffee or tea without cream or sugar.

You may combine the 12 m. and 3 p.m. food allowance and eat as your regular lunch hour.

Before starting the new exercises Mrs. Lane repeated daily the sets of exercises given her during the first and second weeks, doing the old movements from 100 to 200 times.

The shower bath after exercising is important, or a tub immersion lasting a couple of minutes followed by

a cool shower. If you feel stiff and sore from overdoing the exercises a ten minutes bath in a bathtub filled with water as hot as can be borne followed by a half-hour's rest, will put you back in trim again.

Once in the morning, twice in the afternoon, and before going to bed Mrs. Lane practised these exercises in addition to walking not less than three miles each day.

Third week's exercises were:

Body Bending Exercises.—Reduces waist and hips. Extend left foot forward a few inches and stiffen the knee; hold the body erect and raise the left hand above head; then try to touch the floor with your finger tips, bending the body from the waist. Repeat five times with left hand; reverse and do same movement with right hand and right foot extended a few inches. Repeat five times at start.

Trunk Circumduction Exercise.—Reduce hips, waist and abdomen. Seat yourself on a stool with hands at side of your waist and feet planted firmly on the floor. Fasten your eyes on some object ahead of you and up high. Then begin to turn your body from the waist first toward the left and make a complete circle back into original position again. After making the circle from left to right five times at start reverse it and go from right to left five times. You may increase this up to 100 times by the end of the week. If it makes you dizzy rest a minute and shrug your shoulders vigorously before you begin again.

Chest Reduction Exercise.—Reduces fat under arms and on back. With fists together on chest, with elbows on a level with your shoulders, make a complete circle with the elbows, inhaling deep breaths as you bring the arms in and exhale as you move them in the outside of the circle.

Leg Raising Exercise.—Reduces abdomen, upper thighs, calves, and ankles. Hold knee stiff and raise leg as high as you can, then let it fall to floor as you count eight slowly. Begin with five times. Alternate with other leg. Increase the number of times daily up to fifty and more if you can do it without strain.

FOURTH WEEK

Breakfast, 7.30 a.m.—One-half grapefruit, without sugar; soft boiled egg, no butter; small dry roll or piece of toast; coffee, without cream or sugar.

10 a.m.—Glass of lemonade, without sugar.

Dinner, 1 p.m.—Small bowl clear broth, and all she wanted of lettuce, cucumbers, or celery prepared without oil or cream dressing.

Supper, 7 p.m.—Three ounces of steak, or chicken, or roast beef, or fish; big helping of sprouts or onions, asparagus or string beans, prepared without butter or cream or oils; coffee, without sugar or cream.

Beer, wine, or alcohol in any form was tabooed.

The daily showers after the exercising, followed by the vigorous rubbing gives the skin a clear and healthful glow.

The important feature of massaging the face and neck with cream to keep the muscles from sagging was

followed daily throughout the course of treatments. At night a special massage of the face and neck was given, after which they were rubbed with camphorated ice or plain ice to contract the pores.

Here are the fourth week's exercises:

Leg Raising Exercises—Reduces thighs, abdomen, ankles and waist.

Stretched flat on the floor with crown of head and, heels resting on the floor, knees stiff and toes stretched to utmost point, slowly raise both legs as high as possible, then let them come back to the floor slowly while you count eight, always keeping knees stiff and toes stretched. Begin with five times. Rest a few minutes and do five times again. Then gradually ncrease the number of times daily.

Side Body Bending Exercise.—Reduces waist, side, bust and fat under the arms. Stand erect with knees stiffened and arms raised high overhead. By bending the body at the waist only try to touch tips of your fingers to the floor on the opposite side to the hand you use. Alternate with the other hand. Begin with five times each and increase to fifty or seventy-five.

Squatting Exercise.—Reduces abdomen, thighs, calves and ankles. Stand erect with feet apart, hands resting on hips. Rise upon the toes, then sink the body to the floor, bending the knees sharply until the thighs and legs are doubled upon each other and the weight of the entire body is supported by the toes. The trunk must be maintained perfectly erect through out the movement. Return to orginal position. Re-

peat five times to start with, gradually increasing to thirty or forty.

Deep Breathing Exercise.—With hands at sides and body erect begin to inhale a long, deep breath, slowly raising both hands as you inhale. Raise hands out and up as high as you can. Then lower them back to original position, slowly exhaling as you lower them. Repeat ten times at first, increasing gradually to 100 times.

Besides these exercises, Mrs. Lane repeated each day of the fourth week the twelve exercises previously given her, continued her walks, varying from three, four and five miles a day.

FIFTH AND SIXTH WEEKS

Breakfast—Half orange or half grapefruit, unsweetened; soft boiled egg without butter; small dry roll or dry piece of toast; coffee or tea, without cream or sugar.

Lunch—Small bowl of clear broth; all she wanted of lettuce or cucumbers or celery, prepared without oil or cream dressing.

Dinner—Three ounces of steak, or chicken, or roast beef, or fish; generous helping of sprouts, or onions, or asparagus, or string beans, prepared without butter or cream or oils; coffee or tea, without sugar or cream.

The entire sixteen exercises which had already been given Mrs. Lane were practised during the fifth and sixth weeks, every one of the sixteen exercises being done three times a day—in the morning, in the afternoon, and at night, some repeated as high as 100 times.

The shower bath was repeated after each period of exercising, finishing off with cold water and a vigorous rub with a Turkish towel to avoid taking cold.

The face and chin were massaged for a few minutes with cold cream after each set of exercises, and were given a special massage at night, rubbing them with camphorated ice or plain ice to close the pores.

Mrs. Lane performed her regular household duties during all the six weeks of reducing.

You may rid yourself of a couple of pounds a week with little effort by cutting out of your diet the fattening foods. I will give you a list of foods for you to keep in mind when you are preparing or ordering a meal to which the "touch me not" label should be appended if you are in earnest about reducing.

Bacon, ham, pork and the fat of any meat. Cereals breakfast foods, bread and biscuits; potatoes, corn, rice, macaroni, lentils, milk, butter, cream, cheese; rich gravies, grease of any kind or olive oils; pastry, rich desserts, cake, ice cream, soda water, chocolates, bonbons and alcohol in any form whatever.

When you read over the above list it probably occurs to you that there is nothing left to eat. Which is not so at all, and I shall give you another list to prove my assertion. The following things you may eat:

Roast beef, steak, mutton, lamb; in fact all kinds of meat except pig in any form; game of every description, and fish, lobsters, oysters, clams, etc.; nearly every kind of fruit; salad of most vegetables without cream, butter and oil dressings. Mushrooms, toma-

toes, cucumbers, celery, pickles, olives, string beans, spinach, cabbage, turnips, cauliflower, Brussels sprout beets, carrots, squash, endives, artichokes, radishes, lettuce, parsnips, onions, asparagus, and almost all other green vegetables.

There are a few precautions you must take, along with the diet, and a certain amount of daily exercise. You must step lively. When you begin to find yourself looking for a chair to sit down on when you could as well stand; when you are tempted to ride when you could just as well walk; when you are tempted to remain in bed in the morining when you have had all the sleep you really require, and when you get the daily nap habit—you had better make up your mind that you are going to stand firm against every such lazy temptation, because they add flesh.

Remember, too, that when you eat of the foods that are mentioned above as non-fat-producing you must be reasonably moderate in your eating of them, eating only when you are hungry. Do not drink with your meals, because you can get along with much less food if you chew it slowly and properly, instead of washing it down half masticated.

ANTOINETTE DONNELLY.

HEALTHY HAIR—HOW TO KEEP IT

A head of healthy hair is everyone's rightful inheritance. Personal neglect causes its loss; by neglect to care for the hair we invite its loss, and by neglect to care for health we invite bodily disease, which often

robs the head of its heritage. The hair and scalp to be kept in a healthy condition need as much daily attention as the face does. Prevention is better than cure. Many women with beautiful hair fail to observe this rule. Neglected hair always shows itself in time. When much hair falls it may safely be attributed to some form of disease of the hair or scalp, and immediate action should be taken to remedy it.

Some illnesses, notably fevers and also parturition, are frequently marked by profuse falling of the hair. The presumption is that the hair in such cases will come in again naturally. That it does so return, in many cases, cannot be disputed, but always with lessened vitality, followed shortly by another falling.

Hair needs help at these times, as much as the body needs help to restore its strength to normal pitch. Daily massaging of the scalp is needed in the healthy head of hair, as much as in the affected scalp. Massaging maintains a thorough circulation of the blood in the scalp, and this prevents collection of impurities. For those whose hair is affected and falling, massaging should be applied for one month. Daily massaging should be done gently but firmly with the fingers and thumb of each hand. Work with a rotary movement, commencing at the top of the forehead, and working down gradually to the neck. Next start on top of head, an inch from where the first movement began, and work down behind the ears to the neck, and return to the starting point. This will produce a fine glow all over the head. Do this every day for one

month, then every other day for two months, and then every third day for three months.

After this a massage once a week will be sufficient. Those whose hair is affected by fevers I would strongly advise to get it cut off. Doctors seldom interest themselves sufficiently to recommend this, but in the end it saves future loss and hair troubles, and when the hair grows again it usually produces a superior growth, sometimes changing straight hair to beautifully wavy hair.

In the case of an affected scalp which has been neglected for a long period, it is advisable to consult a tricologist. Admitting that in certain cases hair tonics are advisable, it is absolutely necessary that one should get a prescription that will meet the requirements of the scalp troubles. What is one person's hair food is another person's hair poison. Consequently discretion should be exercised before using proprietary lotions.

A formula that can be used with safety, may be applied after massaging for ten minutes:

Nitrate of pilocarpine, 5 grains; tincture of jaborandi, 4 drachms; tincture of capsicum, 2 drachms; borax, 5 grains; tincture of cantharides, 2 drachms; water, 4 ounces; perfume, Q.S.

FOR SCALP MASSAGE

Massage the scalp with the tips of the fingers. Keep the nails short enough so that they will not irritate the skin. Begin by placing the thumbs above

the ears while the tips of the fingers press against the scalp at the front of the head. Move the finger-tips in a circle of an inch in diameter until the entire scalp has been manipulated, changing the position of the thumbs as necessary. Do not rub the scalp, but work it loose from the skull by the action of the fingers. This should be done twice a week if possible. Nothing is so stimulating to the growth of the hair.

Laundry

One often wonders whether the title "Blue Monday', was not applied to that day because it was "wash-day." Certainly, it is hard work, but if properly done, like any other work, much of its difficulty vanishes. First it is wise to remember that clothes soaked overnight are much easier washed than unsoaked ones. Second, that you should not let clothes become very soiled. Better have a big washing of slightly soiled clothes, than a small one of badly soiled things. Some people advise washing two or three days a week, white things one day, woollens another, and colored things on a third. Third, it is better to patch torn clothes before washing, as a hole is apt to grow in the laundry.

In sorting, a good way is to arrange them in the following piles : (1) table linen, (2) bed-linen, body-linen, towels and handkerchiefs, (3) colored materials and stockings, (4) kitchen towels and cloths (5) flannels and wools, (6) embroideries and laces, (7) silk or crepe de chine and Georgette.

White clothes should be soaked, and, if three tubs are available, table linen should be placed in one, bed and body linen in another, and dish towels and cloths in another. These last need soaking most of all, and the first of all. Handkerchiefs, especially if colds are prevalent, should be soaked by themselves in a pail of

water containing salt or boracic acid. Wet each article, soap the badly soiled parts, roll the soaped parts inside, place in the tub, and cover with warm, soapy water.

The suds for washing should be warm and clean, and should be changed as often as necessary, for clothes cannot be washed clean in soapy water. Clothes to be boiled should be washed in the following order : (1) table linen, (2) bed linen, (3) towels, (4) body linen, (5) handkerchiefs, (6) kitchen towels. All clothes should be washed on the right side first, then on the wrong. Clothes must be clean before putting in the boiler, which should contain cold water and finely shaved soap or soap solution. The clothes are placed in this and then brought slowly to the boiling point. Boiling for ten minutes is sufficient for ordinary clothes. Disinfecting for disease germs requires longer boiling, but this is usually done under a physician's directions. Kerosene, turpentine, or paraffin wax may be used in the boiler in the proportion of one tablespoonful to two gallons of water. Unless most carefully rinsed, however, the odor remains in the clothing. Each boiler of clothes is started with clean, cold water. Boiling sterilizes and whitens clothes, and all white clothes should be boiled frequently.

Clothes should be drained and wrung from the boiling water and placed in clean, warm water. If placed directly in cold water, the soap hardens on the material and is difficult to remove. Two or three

rinsing waters should be used. The clothes are then blued and starched, if they require starching.

Colored clothes and stockings are washed last in clean suds of mild soap.

In hanging out, all articles should be wrong side out, and the threads of the cloth should be straight. The more carefully they are hung, the fewer wrinkles there will be to iron out. In removing from the line, they should be folded before putting into the basket. If crushed into it there will be unnecessary wrinkles. As soon as possible they should be dampened, hems, edges and selvages turned in, rolled tightly, and left to stand overnight. Sheets, pillow-cases, towels and underclothing should be dampened only slightly. Table-linen and starched pieces should be very damp.

STARCHING AND IRONING

Starch should be thoroughly dissolved in boiling water, or should be cooked long enough so that there is no possibility of any of the granules being left unbroken, as, in that case, they would be cooked by the heat of the iron. This causes the "sticking" to the iron and leaves scales on the material. Starch, in cooking, sometimes becomes slightly yellowed, and for this reason, bluing is often added to it. Bluing must be added in diluted form, or there will be streaks in the starch. Borax is also added sometimes, because it increases the whiteness of the starch, also it stiffens and adds gloss. Oily substances, such as wax, paraffin, lard and cottonseed oil, are used to give smoothness and finish, and to prevent the iron from sticking.

Cold starch is used for great stiffness, as for collars and cuffs

COLD STARCH

Two tablespoons laundry starch, ½ teaspoon borax dissolved in ¼ cup boiling water, 1¾ cups cold water. Add the cold water gradually to the starch, mix well and smoothly, then add the hot borax solution. Stir before using.

THICK STARCH

Quarter cup starch mixed with ½ cup cold water, 1 teaspoon fat, ½ teaspoon borax, 1 quart boiling water. To the starch and water mixtures add the borax fat, and then the boiling water, slowly. Cook, stirring constantly, for 20 minutes. Strain and use hot. For medium starch, use 3 tablespoons starch, and for thin starch, use 2 tablespoons starch. For starch jelly, use ½ cup starch. Materials should be dipped into the starch while hot, and after wringing, it is well to rub the material between the hands so as to rub in the starch.

Gum arabic solution is often used in place of starch for stiffening materials where the white color of the starch would be objectionable. It may be used for fine organdies, laces and silks, as well as for dark-colored materials. Simply to give body to materials, as in the case of silks and laces, the proportion of ¼ cup gum arabic solution to one quart water is satisfactory.

GUM ARABIC SOLUTION

One ounce gum arabic, 1 cup boiling water. Pour the boiling water over the gum arabic, and keep over

hot water until completely dissolved. When cool, strain through a cheesecloth, pour into a bottle, cork and keep for future use. Sometimes one tablespoon alcohol is added to the solution when it is to be kept a long time.

Wax is essential for rubbing on irons so that they may be kept in good condition. Either beeswax or paraffin wax may be used. It should be tied in a cloth before applying to the iron.

The amount of the garment to be starched and the thickness of the starch depend greatly on individual taste. The starch for the trimming should be thinner than for the body of the material. Starched clothes should not be hung in the wind if it can be avoided, as the wind blows the starch out. They should be taken from the line as soon as dry, and dampened. They must be well moistened, but not wet, as, if too wet, there is danger of the iron sticking. Iron laces and embroideries first, as they dry out more quickly, then iron that part of the garment which will be least mussed by further handling. Leave as much of the garment folded as is consistent with ease in ironing so as to retain as much moisture as possible. To retain any article, large or small, in its original shape, it must be ironed with the threads of the material.

IRONING TABLE LINEN

Table linen must be thoroughly and evenly dampened to look well when ironed. Heavy irons and pressure are necessary for the best results in ironing. All

table linen should be ironed partly dry on the wrong side and entirely dry on the right side.

That table linen must be thoroughly and evenly dampened to look well when ironed is one point on which all laundresses agree. Dampen with a whisk broom, roll tightly with the hems and selvages turned in, wrap in a heavy cloth and allow to stand several hours. Table cloths should be folded wrong side out, with selvages together, and corners even. They are then ironed on both halves of the wrong side, then on the right side, then folded, with as few creases as possible, in loose, crosswise folds.

Napkins should be placed on the board with the selvage parallel to the edge of the board, wrong side up with the initial in the upper right hand corner. The napkin should be ironed partly dry on the wrong side, and completely dry on the right side, and folded so that it has good, square corners and no projecting edges. Small napkins are folded once crosswise by bringing two edges together, and then creased twice lengthwise so that the monogram is on top. Doilies are ironed on the wrong side and then on the right side. They should be put away flat or on a roll.

SHEETS AND PILLOW-CASES

The folding of sheets is more easily accomplished by two people. The hems of the sheets are brought together, having the wrong sides out, and pulled until even. The hemmed ends are then folded back on either side to the centre crease, so that the right side of hems is out. Sheets and pillow-cases are dampened

very slightly, and mostly at the hems. Some people leave sheets unironed, but if ironing, they should be done first on the side with the narrow hem, and then on the side with the wide hem.

The inside of the hems of pillow-cases should be ironed first. Then it should be ironed on one side, beginning at the corner where the end and side seams meet. Slightly less than a third of the case should be folded over and ironed, then the other edge should be folded over, the exposed rough side ironed, then the whole turned, and last rough side ironed.

LACE AND EMBROIDERY

Instead of ironing, it is better to stretch lace, while wet, into its original shape on a well-padded board and pin out each point. Brass or black pins are safe to use, but steel pins may cause rust spots. If there is a raised pattern, as in Irish crochet lace, these are picked up into shape. If allowed to dry this way, the lace looks like new when finished. If lace is ironed, it should be placed on a well-padded board and ironed on the wrong side, carefully pulling out each point. Lace curtains should be put on curtain stretchers. When linen and lace are combined, as in the case of a doily, it is pinned with the right side up, and allowed to dry. When dry, it is well to place a piece of dampened muslin over the linen part and to go over it with a warm iron, then to remove the cloth and iron directly on the linen.

Small pieces of embroidery should be ironed, while wet, to give good body and a finished appearance, and large pieces must be evenly and thoroughly

sprinkled. If blankets or felt are not available for extra padding of your ironing table, a Turkish towel is an excellent substitute. Practically all embroideries should be ironed on the wrong side, and ironed with the threads of the material, not across them. If it puckers or "humps," pull gently and stretch into shape as much as possible. Sometimes a dampened cloth placed over the puckered part and pressed will take out the extra fullness. If it still persists in puckering, pin it out as you would lace. On all monogrammed linen, the monogram should be ironed first on a pad, like any other embroidery.

Drawn work is perhaps the most difficult thing to iron. Before ironing, pull straight those threads of the material that are the basis of the drawn-work, and then stretch the drawn-work in every direction without pulling those basic threads out of line. Do not iron along the hem first.

MEN'S SHIRTS

In ironing shirts, collars and cuffs:

The shirt should have been starched all over with a thin starch, before being hung to dry. When it is sprinkled, the cuffs, front pleat and collar band are starched with the cold starch. Rub starch well in, then roll the whole garment in a damp cloth and let stand an hour. Before beginning to iron, the cuffs should be pulled into shape. The cuff is covered with a piece of muslin or fine cheesecloth and then ironed partly dry on both sides. This takes off the superfluous starch, so that there ought to be no scaling.

The cheesecloth is now removed, and the cuff ironed first on the wrong side and then on the right side. All cold-starched parts should be ironed in the same way before the rest of the waist. The sleeves are ironed next, and a sleeve-board is of use here. The sleeves should be pulled over the free end so that the cuff is at the small end of the board. The seam should be at the edge of the board. The bottom of the sleeve is then ironed, and as it is ironed it is dropped from the board, the next portion ironed, and so on until the sleeve is finished. If you have not a sleeve-board the sleeve can be creased along the seam, one side ironed flat, then turned, and the other side ironed. The crease can then be opened out, dampened slightly, and removed by pressing. In ironing the fronts, it is better. to iron from the neck-band to the bottom of the waist. The back should be ironed last. A polishing iron can be used for giving the finish to the heavily starched parts. This is used after the ordinary process of ironing. The surface is dampened slightly by going over it with a damp cloth. The polishing iron is then pushed over the surface quickly and with pressure. For a dull finish, the polished surface is carefully rubbed with a slightly dampened cloth. Collars and cuffs, whether attached or detached, are ironed in the same way as the heavily starched parts of the waist. Turned-down collars and turned-back cuffs are ironed flat, and then they should be rubbed on the folding line with a slightly moistened cloth. This softens the fold so that the turning is accomplished without blistering. In the last stage of ironing, collars and

cuffs are rolled. Pass the iron over the wrong side, at the same time curving the cuff or collar after the iron. This should be done two or three times from either end.

WASHING WOOLLENS

The laundering of wools requires more care than the laundering of any other material. For good results, you must never use water hotter than lukewarm; must avoid changes in temperature in the wash and rinse water; must refuse to use strong soaps or alkalis; must never rub soap on the material or rub the material itself; must not wring by hand; must take care as to the position in drying, and beware of too quick drying. You must also carefully measure knitted or crocheted articles, so that they can be stretched to their original shape.

The best way of cleansing wools is first to brush the material to take off as much dust as possible. If the dust is left on, it forms a muddy mixture with water and discolors the fabric. The water must be soft. If you only have hard water, put a little borax or ammonia into it, and use soap solution or a neutral soap. The water should never be hotter than lukewarm. The garment should be kneaded, rather than rubbed, and kept under water. As the suds fall, more soap solution should be added. When necessary to lift the article out of the water to see if it is clean, one hand should be placed under it, so that it may not be stretched by the weight of water in it. For all woollen garments, at least two wash waters are necessary,

and sometimes three or four. The last suds ought to be practically clean after using. The water for rinsing must be of the same temperature, and two or more rinse waters should be used. For white wools, the last rinse water may be slightly blued. To the last rinsing water glycerine may be added in the proportion of one tablespoonful to two gallons of water. This gives the wool some oil to take the place of that taken out in washing. The oil makes the wool softer.

If a wringer is not available, the water should be squeezed from the fabric, not removed by twisting the material. The twisting is liable to increase the shrinkage. As much water as possible should be removed from the material. Crocheted and knitted articles, such as shawls and sweaters, should be placed on a flat surface, covered with a cloth, patted and pulled into shape. Sometimes a garment sags or shrinks, and then it may be pulled to stretch, and then patted to take in the extra fullness. It is better to dry a garment in the shape in which you desire to have it.

The drying room should have the temperature of an ordinary room, from sixty-five to seventy degrees. Placing near the fire to dry quickly increases the shrinkage. Drying in the sun not only increases the shrinkage, but yellows the material. The most satisfactory way to wash baby's stockings and shirts is by placing on forms. The only way to make shawl fringes soft is to pull the threads apart.

Flannels should be washed with the same precautions as other wools. If dried flat and stretched into

shape, they require no ironing. If that is not possible and they are hung up to dry, they can be ironed when absolutely dry, by placing a dampened cheesecloth over the material and pressing with a warm iron.

Blankets are washed like other flannels. Two tablespoons borax and half cup alcohol may be added to the soap solution to make suds. The best way to dry blankets is to place them on curtain stretchers. If the blanket is brushd with a whisk broom when almost dry, the nap is brought up and the whole made soft and fluffy. If you have no curtain stretcher, place the blanket over the line lengthwise, pinning at frequent intervals so that there is not a great deal of stretching.

In down quilts, the color should be set if there is any danger of its fading. As many suds should be used as necessary, and two or three rinsing waters. They should be wrung through the wringer, and hung straight on the line. They should be done on a clear, windy day, so that quick drying is possible. When dry, they should be placed on a large table and the filling distributed evenly by shaking, pulling and patting. They may then be pressed with a cool iron.

For dark woollens, especially black goods, a soap bark solution may be used in just the same way as a soap solution. There is, in this way, less danger of dark materials becoming shiny. Soap bark solution is made by boiling one ounce of soap bark and one cup of water together for five minutes. It is then strained. Soap bark may be purchased at any drug store.

SILKS AND COLORS

The same precautions are necessary in washing silks as for wools. In laundering colored silks, a sample should be tried first, and if the color is not stable, it should be set with vinegar, like a cotton material. Silks should not be wrung by hand, as the threads slip over one another, the result being a wavy appearance. The water must be squeezed out, either by hand or by the wringer. It is well to place the silk between cloths while wringing.

Pure white silk may be slightly blued. If the silk is thin or old, the last rinsing water may contain the gum arabic solution described elsewhere. After wringing, the silk is placed in a cloth (a Turkish towel is excellent) and rolled up. Then clap it between the hands to get out the excess moisture. Keep it in the towel until ready to iron. Silk should be ironed while damp. It must never be sprinkled, or it will have a spotted appearance. It may be ironed directly on the wrong side with a not too hot iron, or sometimes better results are obtained by placing a thin cloth over the right side of silk, and ironing. Too hot an iron makes silk stiff, and is apt to yellow it. Ironing while wet makes silk stiff and papery, Pongee may be ironed as above, or may be absolutely dried, and then ironed with a warm iron on the wrong side.

Silk crepe may be taken from the last rinsing water without wringing, spread evenly upon a clean table, and allowed to dry. Sometimes, however, it is better to iron it as silk. Silk woven underwear is washed

like any silk, and stretched into shape, not ironed. Ribbons should be washed by laying flat on a clean table, going over with a soft cloth and soap solution, first on the wrong side, and then on the right side. They should be rinsed in perfectly clear water, and as much water as possible removed by pressing with a cloth, keeping the ribbon as smooth as possible. It should be left stretched on the table perfectly flat, to dry.

The safest thing, in washing any colored material, is to try a sample first to see if it will wash without setting the color. It is always safer, however, to set colors, and salt, vinegar, sugar of lead and alum are the best things to use. The proportion is one-half cup of vinegar, two cups salt, one tablespoon alum, or one tablespoon sugar of lead to one gallon of water. The material should be soaked in the solution overnight, and should be thoroughly dried before being washed.

Soft water should be used, and if you cannot obtain it, soften the hard water with borax. Colored clothes ought never to be soaked, and should not, therefore, be badly soiled. For removing stains, a weak acid, such as tartaric or oxalic acid, is the best thing to use. Wet the article in cold water, and then wash as quickly as possible in warm, soapy water. Soap must not be rubbed on the material. When thoroughly clean, the garment should be rinsed in two or three waters, care being taken that all soap is removed. The last rinsing water may have vinegar or salt added to it.

To strengthen blues, the last rinsing water may be blued, and to strengthen tans or browns, the last rinsing water may have a strong solution of tea or coffee added to it.

The starching of colored material is important. If the material is put into the starch right side out, the starch not rubbed in, and excess starch left on the material, you may expect to have the finished article badly marred by starch scales. The best results are obtained by putting the material into the starch wrong side out, wringing well, and then rubbing between the hands to obtain a good blending with the material. The starch may be colored according to the material, and for dark colors, the gum arabic solution is often used.

Colored garments should be hung to dry wrong side out in the shade. Quick drying is important. As soon as dry they should be taken from the line and damped. After dampening, they should stand a very short time before ironing. If ironed on the wrong side, they appear more like new material, but the smoothness obtained by ironing on the right side makes the material keep clean longer. For this reason children's clothes, kitchen aprons, etc., should always be ironed on the right side. The irons must be hot enough to give a good finish, but very hot irons should be avoided, as great heat may injure the color.

Stockings are treated like other colored materials. It is always advisable to wash the feet of new stockings before the first wearing, as the dressing added by the manufacturer frequently lessens the wearing

quality. If the color is not considered fast, it is better to wash the feet of the stockings before putting the rest into water. Soap should not be rubbed directly on the stocking, anywhere but on the feet. They should be washed first on the right side, then on the wrong, rinsed like all colored materials, and pulled into shape before hanging to dry. They are hung wrong side out by the top, and may be ironed, or not, as desired, but if ironed, it should be on the wrong side, with a warm not a hot, iron.

DRY CLEANING

Dry cleaning is rather curiously named, for it does not mean cleaning without the use of liquid, but only cleaning without the use of water. The liquids used are those that absorb or dissolve grease. The process is used when the article to be cleaned would be injured by the use of water and soap. Certain kinds of silk and wool dresses, especially when they are lined and trimmed may be mentioned, and sometimes fine cotton or lined dresses.

The most common liquid substances used are ether, benzine, naphtha, chloroform, and gasoline. Gasoline is most used, because it is inexpensive, acts quickly, evaporates readily, and its odor is not much more lasting than that of other cleansers.

All the liquids mentioned above should be used out of doors, if possible ; certainly never in a room where there is an open fire or flame of any sort. For instance, a gas-jet burning, either in the stove or turned

on for light will ignite the fumes of the gasoline and will cause a fire.

Flour, cornmeal, magnesia, French chalk, and Fullers' earth are the dry materials used for cleaning.

In general, if a garment has several spots, it is better to clean the whole garment. There is always danger of leaving marks. If, however, a spot alone is to be cleaned, the cleaning fluid should be rubbed toward the centre to prevent spreading as much as possible. If you surround the spot with magnesia and put a piece of clean blotting-paper under it before you begin, it also helps to absorb the cleaning fluid.

In removing a single spot chloroform or ether does the work without any injury to fabric or to color. Either liquid must be used with great care, not only for fear of explosion, but because their vapors quickly produce unconsciousness. They should never be poured from a bottle into an open dish, but applied by a clean cloth wet at the mouth of the bottle, which must be re-corked at once. Because of quick evaporation, one must work quickly.

A good cleansing agent that can be made up, tightly corked and kept on hand, is made by mixing equal quantities of ether, alcohol and ammonia. This is simply used for sponging off spots, and should be tried on a small piece of goods before using on the material itself, so that there will be no danger of injuring the color.

A perfectly clean piece of old black cotton stocking is good for applying a cleaning fluid to dark material. The top of a discarded stocking, cut into pieces about

four by three inches, will last for some time, and a box of these will provide a fresh piece for each spot. For light materials a bit of soft old white linen is good, but not table-linen, as the nap is likely to come off.

In cleaning a whole garment, it is a good plan to brush well and second to mark each spot with white thread before putting into the gasoline bath. Then the spots can be found and given special attention without much searching.

A second receptacle should be ready for a second gasoline bath, as unless a garment is rinsed in clear gasoline, it will have a cloudy, streaked appearance.

If the dirt is removed from gasoline that has been used for cleaning, the gasoline can be used again.

Gasoline should be kept tightly corked in stone jugs (preferably out of the house), and the best way of removing the dirt after using is to pour the gasoline back into the jug through a piece of filter paper (obtainable at any drug store). The filtered liquid should be used only for the first bath, the second being always of unused liquid.

Any clean garment should be hung in the fresh air until the odor has entirely disappeared. If badly wrinkled, the garment may be pressed on the wrong side.

For cleaning with powders, the material is covered with the powder, rolled up and allowed to stand for at least twenty-four hours. It is then unrolled, and the powder brushed or shaken from the material. Fine materials, such as laces, are spread out on a

paper, and the whole covered with French chalk or magnesia.

Gloves may be placed in a jar of gasoline and allowed to soak, shaking jar occasionally. When they appear clean, they may be rinsed in a jar of clean gasoline. A small brush is useful for very soiled places.

Feathers may be thoroughly covered with powder, allowed to stay in it for twenty-four hours, then thoroughly shaken. The process may be repeated, if necessary.

Velvets may be freshened by cleaning in gasoline if soiled, then hanging in the open air until the gasoline has entirely evaporated. To raise the nap and take out creases, a heavy wet cloth is placed over a hot iron and the velvet placed on this with the nap out. The velvet and cloth are pulled slowly over the iron and the steam raises the nap.

There are few greater economies for the woman who wishes to be well dressed than home dry-cleaning. To avoid the disagreeable feeling produced in the hands by contact with gasoline, many women use rubber gloves.

If you are not comfortable in these, wash the hands in hot soapy water and rub with cold cream, and the "shrivelled" feeling will pass away.

I am indebted to "The Housekeeper's Handbook of Cleaning" (Harper Brothers) for much of the information in this article.

REMOVING STAINS

Stains are apparently the bane of almost every woman's life, judging by the numerous letters that reach me. All stains are more easily removed when fresh. If allowed to stand, the composition, exposed to the air and moisture, may change, and also the spot gets a better hold in the material. Practically all stains are more easily removed if first soaked in cold water, and many stains which prove obstinate when old, are entirely removed when fresh if soaked in cold water. If a stain has been soaked in cold water for some time, it may often be removed by pouring boiling water through it. The boiling water is more effective if poured from a height so that the stream will strike the spot with force. If the material is stretched over a bowl this is easily accomplished. This method is particularly good with white materials, but may affect the color on colored garments.

Sometimes, if a stain resists both cold and boiling water, it will yield to sunshine. The article must be kept wet all the time it is in the sun in order to have the treatment effective. In winter, stains may be removed by allowing the article to freeze. The sunshine or freezing methods may be applied only to white cotton or linen materials. Either method affects colors and also silk and wool fibres.

In removing a stain from colored materials, you must try the Reagent (which is the name given to the substance used to remove the stain) on a piece of the material first to see if it harms the dye. If it removes

a dark stain but takes the color out of the material, it is of no use, for a white stain is no better than a dark one. Sometimes two garments may appear exactly alike, but will not respond to the same treatment, in the same way.

Age stains, such as one finds on linen, may be removed by bleaching in the sun. Cold water should be used first on blood stains, the article can then be washed in soapy water. When water cannot be used, make a paste of raw starch and cold water. This paste is put on the spot and left to dry. If the stain does not disappear, the paste should be applied again and again until the spot is entirely obliterated. Cocoa and chocolate stains should be removed as soon as possible. They should be sprinkled with borax before being placed in cold water, and then, after soaking, boiling water should be poured through them. The same method may be used on coffee and tea stains. If the tea stain is old, soaking in glycerine for a short time will sometimes aid in its removal. If the stain proves obstinate, bleaching in the sun or in javelle water is often resorted to. Milk, cream and meat juice may be removed by soaking in cold water, and then washing in soapy water.

Alcohol is usually sufficient to remove stains of colored inks. Boiling water poured on fresh fruit stains removes them, but if the stain is allowed to stand, it may need to be bleached. If grass stains are new, washing in naptha soap and cold water is usually sufficient to remove them. Ammonia and water, if used immediately, removes these stains, and so does

alcohol. But if alcohol and ammonia may effect the colors, a paste of white soap and cooking soda may be placed on the stain and left until the stain turns color, when it may be washed out. In washable materials, grease stains may be taken out with warm water and soap, but in non-washable materials, ether is the best thing to use.

It is practically impossible to remove indelible ink stains without injuring the material. With ordinary ink, cold water will usually remove it when the stain is fresh. If cold water is ineffective, lemon-juice, salt or milk should be tried next. On silk or wool materials hydrogen peroxide is the best thing to use. Iron rust may be removed in the same way as ink stains. Kerosene and machine oil may be removed from wash goods by washing with soap and water. In materials that cannot be washed, kerosene may be absorbed by covering with Fuller's earth and letting stand until the earth absorbs the kerosene. Machine oil may be removed with gasoline.

Medicine stains usually yield to alcohol. Iodine stains come out more readily with ether or chloroform. Mildew should be covered with lemon juice and placed in strong sunlight. Clothes often mildew if left dampened for too long a time in warm weather, and sometimes if clothes are left on the grass for an extended length of time when it is warm and there is no sunshine, they mildew.

Paint stains can be removed by turpentine, benzine, naptha, or chloroform. If the spot is old, it should be softened with grease, before applying the solvent,

which should be carefully used, and to prevent spreading it should always be rubbed toward the centre of the spot as much as possible. It is also a help to surround the spot with powder, such as French chalk or starch, to absorb the surplus liquid. Paint may be removed from woollen material if it is dealt with while the paint is still wet, by rubbing the part touched with the paint, with another and cleaner part of the material. Perspiration stains are removed from white materials by moistening with water and placing in the sunshine. Pitch, tar, and wagon-grease may be softened with lard and then removed with turpentine. Scorch stains may be bleached out.

Wax may be removed by scraping off the material, but in such a way that the threads are not roughened. Place a piece of blotting paper over the spot then, and another under it, and apply a hot iron. The heat melts the wax and the blotting paper absorbs it. If it is not entirely removed, the rest may be dissolved in gasoline. If there is any color left, as in the case of colored candles, it may be removed with alcohol.

Buttermaking

MAKING BUTTER

In the first place, it is necessary to keep your churn and all your utensils for butter-making absolutely clean. Before using, strain about one-third of a pail of hot water into the churn, to scald it and fill up the pores of the wood. Remove the plug after revolving the churn once or twice, to allow steam to escape. After scalding, rinse with strained cold water. See that the churn is thoroughly chilled. The reason for straining is to keep any specks of dust out. A piece of fine cheesecloth is an effective strainer.

After using, the churn should be rinsed with hot water, just poured through it, then thoroughly scalded with boiling water to which a little washing soda has been added. This should be followed by another rinsing of clear hot water. For the scald and last rinse, the lid must be on and the churn revolved. Do not touch inside of churn with a cloth and never allow buttermilk or water to remain in churn when not in use. Leave the plug out and the lid ajar, and keep in a cool place to prevent warping.

The worker, spades and butter printer may be prepared just before needed. With a fibre brush, a

dipper of hot water, and a little salt, give them a good scouring, and cool well with cold water. After using utensils, remove any butter with hot water. Again scour with salt, rinse with hot water, and allow to dry.

While collecting sufficient cream for churning, it is best held in a good tin can or an enamelled pail. The cream can should stand in the coolest place in the dairy or cellar and should be kept covered. Have a long-handled ladle or tin stirrer which reaches to the bottom of the can, and stir the cream thoroughly, right from the bottom to the top each time fresh cream is added. The stirring motion should not be round and round, but up and down. No fresh cream should be added within eight or ten hours of churning, and it is well to have the cream at churning temperature, preferably below it, for several hours previous to churning.

Cream ready for churning should have a clean, pleasant, slightly sour taste and smell ; should be of the consistency of molasses, and when poured be free from lumps and have a smooth, glossy appearance. Cream of this richness yields about three pounds of butter per gallon.

Examine cream and take temperature. If too cold, it must be heated. It is a bad plan to bring the cream into a warm place to stand over night, nor should it stand on or near the stove.

The can containing the cream should be placed in a vessel of warm water at a temperature of about 120 degrees. Stir cream constantly, watching thermometer, and when it is from 55 to 60 degrees, in

winter, and from 50 to 55 degrees, in summer, lift from the water. A reliable thermometer is an indispensable adjunct to your dairy equipment.

The cream should be strained into the churn through a fine wire sieve and the churn should never be over half full. Churn just as fast as you can so long as the cream drops. The greater the speed and the farther the drop of the cream inside the churn, the greater will be the force applied to the fat globules, and the more quickly they will mass together and form butter. Just before the separation of the fat from the milk, the cream thickens and takes longer to drop. The speed should be slackened at this point.

After the butter breaks keep up the speed and watch the sight glass, to see how the butter is gathering. If the gathering process is coming on quickly, add a couple of quarts of water several degrees colder than the cream. The cold water retards the gathering, thins the buttermilk and gives the butter a better chance to float.

When the butter is the size of wheat grains, it is sufficiently gathered. Look frequently at the inside of the churn lid. When no tiny specks of butter, and only a few large ones, are seen on it, the churning is usually finished. Other signs are : The butter standing out well on top of the buttermilk with foam bubbles over it, and when no particles of butter come with the first drawn buttermilk. A strainer should be placed over the pail so that any butter which may escape with the last drawn buttermilk may be caught and returned to the churn.

Make a drain through the butter to the bung hole, and rinse the butter with a little of the wash water, which should be from 50 to 60 degrees in temperature in winter but very cold in summer.

Use as much water as there was cream and strain it into the churn through two thicknesses of cheesecloth. Immediately revolve the churn rapidly about a dozen times, then draw off the water, letting it run through the strainer to arrest particles of butter. Good butter should only be washed once. A cup of salt added to wash water helps to draw buttermilk from butter.

The amount of salt added to butter is a matter of personal taste, but the tendency is towards light salting. Use nothing but the best dairy salt, and keep it in a clean, dry place.

If you salt butter in a churn an ounce of salt to a pound of butter is sufficient. A rounding tablespoonful equals an ounce. To gauge the weight of butter keep a record of each churning. If the cream is from the same source, an equal quantity should produce an equal weight.

The butter should be in fine granular form, and salted immediately after removal of wash water. Often butter is mottled, and salt undissolved on account of the butter being too dry from allowing it to drain too long before salting. Have butter evenly spread over the bottom of the churn. Sift on part of the salt, then tilt churn backward and put on remainder of salt. A large wooden fork is convenient to mix salt in, and also to take butter from churn.

After salting, put on the lid and very slowly revolve the churn, until the butter forms in several lumps. Let them stand for an hour or two in the covered churn, to allow the salt time to dissolve, then give it one good working.

Butter should be worked just enough to expel the excessive moisture and thoroughly distribute the salt. Any portion not reached by the salt will be light in color. Usually the butter is worked sufficiently when a piece being cut and pressed between the spade and worker, the beads or drops of moisture come out very fine ; not in large drops or running away from the butter in streams. Better too much working than not enough.

If butter is very soft or very hard, work it but slightly. Allow to stand, and when at the proper firmness, give a second working. Butter worked when very soft is apt to be streaky in color.

The brick-shaped pound printer is the most popular form in which to market butter. Make the surface of the butter level, and press the printer down into the butter until the mould is well filled. Cut with a butter spade the surplus butter from the bottom. In taking butter from the printer, place thumbs on top of handle and fingers under ledge at ends, and pull up, but do not press down hard. Pressing down bulges print of butter at the sides.

Wrap the print neatly in good parchment paper which has been previously wet in clear, cold water. Be sure the print weighs at least 16¼ ounces, when freshly wrapped, as a slight allowance must be made

for evaporation. Keep butter in a place where the atmosphere is cool, clean, and not too dry.

To keep an amount of butter in rolls or prints for home use, put in a strong brine. Use a cup of salt to two quarts of boiling water. When the brine is cold put the butter in it in a crock, and put a plate on top to weigh the butter down.

DAIRY DIFFICULTIES

Almost all dairy difficulties may be avoided if reasonable precautions are taken. If there is too much cream in the churn, for instance, it is almost impossible to get results. Take out half the cream and make two churnings. Never fill the churn over half full.

If the cream is too poor in fat, it requires a higher churning temperature, and must be heated by putting the can of cream into a vessel of hot water. Stir constantly, and when the temperature has risen ten or twelve degrees, return to churn.

Sometimes the butter breaks, but will not gather. It remains like fine seed or shot. Add two or three quarts of water several degrees warmer than the cream. The water dilutes the buttermilk, and causes a better separation of the butter. Revolve the churn a few times, let stand a little while, then draw off about half the buttermilk. The liquid thus reduced, and the churning continued, the butter should soon gather into required size granules.

Do not churn in a cold room. Do not have cream too rich, and do not churn slowly. The greater the speed, the greater the force exerted on the fat globules.

PACKING FOR WINTER

June and September are the best months for packing butter for winter use. Wash the butter twice and salt one ounce to the pound. It is better to give it two workings.

Pack a clean, well-glazed crock, which has been scalded two or three times with boiling salt water. If a wooden firkin is used, treat in the same manner. Put the butter in in small pieces, pounding from the centre toward the outside so as to have no holes or air spaces. A wooden potato-masher answers as a pounder. Fill to within half an inch of the top. Level off neatly. Cover with parchment paper or cotton. Then a layer of salt moistened with water to form a paste. Put on the cover and tie down with several thicknesses of clean paper.

Keep in a cool, clean place where the temperature does not vary. The great secret of keeping butter is to have it good at first, and keep it cold.

CHEESES AND MILK

In European countries there are many varieties of soft cheese made, and these cheeses are gaining favor on this continent. Some are easily made at home, and make a pleasant and inexpensive variation in the menu.

COTTAGE CHEESE

Let fresh milk stand in a warm, clean place until the milk sours and the curd separates from the whey, or put thick, sour milk over warm water until the whey

separates. Turn the curd into a coarse cotton bag and hang to drain in a moderately cool place for twenty-four hours or until the curd is free from whey. Add salt and cream to suit the taste and mould with the hands into soft balls, or press into a dish. This is particularly good when eaten with jam.

CAMBRIDGE CHEESE

Heat one gallon of new milk in an enamelled pail or dish to 95 degrees. Add to it three drops of cheese color and 15 drops of rennet mixed in a little cold water. Stir for five minutes. Let stand for five minutes, then stir the surface a little to prevent the cream from rising ; cover the pail with a cloth and leave it undisturbed. At the end of an hour or more, the curd should be as firm as a baked custard.

Wooden moulds are used for these cheeses, but tin biscuit boxes, with the bottoms removed, and with nail holes punched from the inside out, on the sides to act as drains, might be used. The wooden moulds are 7 x 6 x 4 inches, with no bottom in them. Small holes, an inch apart, are bored in the sides. These moulds are scalded, placed on a mat made of straws sewed together, and put on a small board. The mat acts as a drain.

When the curd is sufficiently firm, carefully ladle out enough to cover the bottom, then add a little more at intervals of fifteen minutes, till all is ladled into the moulds. A gallon makes two cheeses. When they shrink from the sides and are comparatively firm and dry, remove the moulds. They are now ready for use.

It usually takes two days for them to drain. No salt is used. These are particularly adapted to farm dairying, and should find a ready market.

LONDON CHEESE

Use two-thirds sweet skim-milk and one-third good buttermilk. Mix together and keep at a temperature of about 80 degrees until it thickens, then ladle into a huckaback towel. When well-drained, open out and scrape down the curd. Tie up again and repeat the scraping occasionally until the curd is firm, then slightly salt and press into a bowl. This is very cheap and highly nutritious.

DEVONSHIRE CREAM

This cream is considered a rare treat with apple pie or any kind of cooked fruit. It is recommended by physicians and might be freely used in place of cod-liver oil, by many invalids.

To make this cream, strain new milk into a large shallow pan to the depth of four or five inches. Let stand in a cool place undisturbed twelve hours in summer and twenty-four in winter. Then carefully place the pan over a pot of hot water, or on the back of the stove. When the cream forms a ring around the pan, and is wrinkled on the top, it is done. The heating should take at least half an hour. It is usual to let it stand twelve hours before skimming. A gallon and a half of good milk makes one pound of cream.

JUNKET

One quart rich milk, ¼ cup of white sugar, 1 teaspoonful vanilla, 1 junket tablet, or a few drops of rennet, a little powdered sugar and cinnamon. Crush the junket tablet and dissolve in one tablespoon cold water. Heat milk and sugar, stirring constantly. Add flavoring and dissolve tablet. Stir well and pour into serving-dish or sherbert cups. Then remove without jarring to a cool place.

Just before serving, sprinkle top with powdered sugar and cinnamon mixed, and eat with cream. Sufficient caramel to make a delicate brown color, or one ounce of melted chocolate, stirred into the milk before adding the rennet, makes a pleasing change.

Few people realize the food value of skim-milk and buttermilk. More milk puddings, milk soups and custards should be served on our tables, especially where there are children. Milk chilled in summer, and heated in winter, is the best beverage possible for young people.

Doctors are prescribing buttermilk as a corrective for many forms of disease, and now that we are supposedly "dry," it would be well for men to change their usual allowance of beer and whiskey into a quart of buttermilk a day

Cookery.

HOW TO MEASURE

All measurements should be made LEVEL.

Accurate measurement is essential to insure good cooking.

A half-pint cup is the standard. They can be had with fourths and thirds indicated.

A cupful is a cup filled LEVEL with the top. To measure a cupful, fill lightly with a spoon, taking care not to shake the cup; then level with the knife.

A spoonful is a spoon filled LEVEL with the top. First sift the material into the bowl, dip in the spoon, lift it slightly heaping, and level it by sliding the side of a knife across the top of the spoon. Do not level by pressing it.

Half a spoonful is obtained by dividing through the middle lengthwise.

A speck of anything is what will lie within a space one-quarter inch square.

TABLE OF WEIGHTS AND MEASURES

Two cups	One pint
Two pints	One quart
Four quarts	One gallon
Eight quarts	One peck
Four cups flour	One pound
Two cups solid butter	One pound
Two cups granulated sugar	One pound
Three cups corn meal	One pound

Two and two-thirds cups powdered sugar.....One pound
Two and two-thirds cups brown sugar.....One pound
Two cups solid meat.....One pound
Sixteen ounces.....One pound
Two tablespoons butter, sugar, salt.....One ounce
Four tablespoons flour.....One ounce
Sixteen tablespoons.....One cup
Sixty drops.....One teaspoon
Eight salt spoons.....One teaspoon
Three teaspoons.....One tablespoon
Four tablespoons.....One-quarter cup
Four tablespoons.....One wine glass
One cup shelled almonds.....One-quarterpound
One-quarter pound cornstarch.....One cup

COOKING

Cooking is the art of preparing food by the aid of heat, for the nourishment of the human body. The principal ways of cooking are boiling, broiling, stewing, roasting, baking, frying, sautéing, braising, fricasseing and steaming.

Boiling: Cooking in boiling water. Boiling point 212° F.

Broiling: Cooking over a glowing fire.

Steaming: Cooking over boiling water.

Stewing: Cooking for a long time in water below the boiling point. Simmering point, 185° F.

Roasting: Cooking before a glowing fire.

Baking: Cooking in an oven.

FRYING: Cooking in hot deep fat, deep enough to cover article to be cooked.

SAUTEING: Cooking in a small quantity of fat.

BRAISING: A combination of stewing and baking.

FRICASSEING: A combination of frying and stewing.

LAYING THE TABLE

General Directions—Cover the table with a silence cloth of felting or Canton flannel. Over this spread a spotless table cloth evenly, the middle crease dividing the table exactly in half.

Position of Host and Hostess—Position of the host, at the head of the table near entrance door. Hostess at the foot of the table opposite.

Placing Knives, Forks and Spoons—Place the knife or knives at the right of each place, the sharp edge toward the plate; the fork or forks, next, tines up, one inch from the edge, being careful to have the spacing the same at every place. Soup spoons over the plate, handles to the right. Teaspoons to left of forks, bowls up.

Place silver in the order in which it is to be used, counting from the outside toward the plate.

Placing of Glasses—Place the water glass at right of plate, at end of knife blade.

Placing Napkins, Pepper, Salt—Place napkins at left of plate. Pepper and salt near corners, or one of each between the places for two people.

Sideboard and Side-table—Object: To hold all extras that may be needed during a meal.

WAITING ON TABLE

The table should look as neat and attractive as possible. Place everything straight upon the table. Turn no dishes upside down.

Always heat the dishes in which warm food is served.

Never fill the glasses and cups more than three-quarters full.

When passing a plate, hold it so that the thumb will not rest on the upper surface. When refilling the glasses, take hold of them near the bottom and draw them to the edge of the table, then remove them from the table.

A waiter passes food to the left side of each person, except beverages, which should be placed at the right.

In placing a dish in front of a person, the waiter should stand at the right. Food and dishes are removed from the right.

In passing dishes from which a person is to help himself to a portion, pass it always from the left side, so that it may be taken with the right hand.

In passing individual dishes from which the person does not help himself—such as coffee, etc.—set it down slowly and easily from the right hand side.

When the dishes are being served by a person at the table, stand at the left hand of that person, hold your tray low and near the table, and take on the tray one plate at a time and place it before the person for whom it is intended, setting it down from the right side.

Serve first the most honored guest.

When one course is finished, take the tray in the

left hand, and stand on the left side of the person you are waiting upon, and remove with your right hand the spoons, knives and forks. Then remove the plate and small dishes, never piling them on top of each other, but removing them one at a time. Fill the glasses before every course. Before the dessert is served, remove the crumbs from the cloth, either with a brush or crumb knife. Do not let the table become disordered during the meal. The hostess should serve the soup, salad, dessert and coffee, and, at a family dinner, the vegetables and entrees. The host serves the fish and meat.

To clear the table remove all dishes from each place, then the meat and vegetables. Remove crumbs from the cloth before bringing in dessert.

TO CLEAR THE TABLE AFTER A MEAL

Brush the crumbs from the floor. Arrange the chairs in their places. Collect and remove the knives, forks and spoons. Empty the cups and remove them. Scrape off the dishes—never set any food away on the dishes used for serving—pile them up neatly and remove to the place where they are to be washed. Brush the crumbs from the cloth and fold it carefully in the old crease, as it lays on the table. If the napkins are used again, place them neatly folded in their individual rings.

WASHING DISHES

Have the dishes scraped.

Pile all articles of each kind together; plates by themselves, the largest at the bottom; cups by them-

selves; silver articles together, and steel knives and forks by themselves.

Soaking dishes:

Cold water should be used for soaking dishes which have been used for milk, eggs and starchy foods. Hot water for dishes used for sugar substances and for sticky, gummy substances like gelatine. Greasy dishes of all kinds, including knives, are more easily cleaned if first wiped with soft paper, which should be burned.

Order: 1. Glassware; 2. Silver; 3. Cups and saucers; 4. Plates; 5. Platters, vegetable dishes, etc.; 6. Cooking utensils (if not washed first.)

To wash dishes:

Have a pan half filled with hot soapy water. Slip glasses and fine China in sideways, that the hot water will touch outside and inside at once, and thus avoid danger of breaking. If dishes are very dirty or greasy, add a little washing soda, ammonia or soap.

Rinse all dishes in clean hot water (except cut glass), drain and wipe with clean dry towels.

A Dover egg-beater should not be left to soak in water, or it will be hard to run. Keep the handles clean, wipe the wire with a damp cloth immediately after using.

Kitchen knives and forks should never be placed in dish water. Scour them with brick dust, wash with dish cloth, and wipe them dry.

Tinware, granite ironware should be washed in hot soda water, and if browned, rub with cleaner, salt or baking soda. Use wire dish cloth if food sticks to dishes.

Keep strainer in sink, and pour all dish water, etc., in it, and remove contents of strainer, wrap in paper, place in garbage pail.

Wash towels with plenty of soap, and rinse thoroughly every time they are used.

Hang towels up evenly to dry. Wash dish cloths.

When scrubbing, wet brush and apply soap with upward strokes, working with the grain of the wood; rinse and dry.

Wash dish pans, wipe and dry.

Wash your hands with white (castile or ivory) coap, if you wish to keep smooth hands, and wipe them dry.

Wash teakettle; polish faucets; scrub sink with clean hot suds.

CARE OF THE SINK

When dish-washing is finished, wash every part of the sink with hot, soapy water. Wash above and around the sink. Use a skewer to clean behind the sink pipes.

Flush the sink with boiling water every day and about once a week with a strong solution of washing soda.

SWEEPING A ROOM

How to Sweep: Before beginning to sweep, see that no food is left uncovered in the room and that all movable articles and furniture are taken out of the room. Sweep from the edges of the room toward the center. Sweep with short strokes, keeping the broom close to the floor. Turn it edgewise to clean cracks. Always sweep a floor before washing or scrubbing it.

SOUPS

EGG BALLS FOR SOUP

Rub the yolks of three or four hard boiled eggs to a smooth paste, with a little melted butter, pepper and salt, to these add two raw ones, beat in light, add enough flour to hold the paste together, make into balls, with floured hands, and set in a cool place until just before your soup comes off, when you put them in carefully and boil one minute.

NOODLES FOR SOUP

Rub into two eggs as much sifted flour as they will absorb; then roll out until thin as a wafer; dust over a little flour, and then roll over and over into a roll; cut off thin slices from the edge of the roll and shake out into long strips; put them into the soup lightly and boil for ten minutes; salt should be added while mixing with the flour—about a saltspoonful.

CARAMEL, OR BURNED SUGAR

Put two ounces of brown or white sugar in an old tin cup over a brisk fire, stir this until it is quite dark and gives forth a burned smell, then add half a cup of cold water; let it boil gently a few minutes,stirring well and all the while. Take off, and when cold, bottle for use. This keeps well, and may be used for flavoring gravies and soups.

CROUTONS

Cut pieces of stale bread into cubes, and brown in the oven.

CRISPED CRUSTS

Cut the crusts of bread into strips one inch wide, five inches long and one-half inch thick, and toast in oven to a golden brown.

SOUP STICKS

Cut stale bread in one-third inch slices, remove crusts, brown in the oven, and cut in one-third inch strips.

BREAD PATTIES OR CANAPES

Cut bread into pieces two inches thick; cut either round or four and one-half inches long by three inches wide. Remove part of bread from center, butter and brown in the oven.

POT-AU-FEU

Ingredients—Four lbs. of brisket of beef, the legs and neck of a fowl, one-half a cabbage, two leeks, one large onion, two carrots, a bouquet-garni (parsley, thyme, bay-leaf), one dessertspoonful of chopped parsley, four cloves, twelve peppercorns, one tablespoonful of salt, one-half lb. of French bread, six quarts of cold water. Put the meat and water into a stock-pot or boiling pot; let it come gently to boiling point, and skim well. Wash and clean the vegetables, stick the cloves in the onion, tie up the cabbage and leeks, and put all in with the meat. Add the carrots cut into large pieces, the bouquet-garni, peppercorns, and salt, and let the whole simmer gently for four

hours. Just before serving cut the bread into thin slices, place them in a soup tureen, and add some of the carrot, leeks, and onions cut into small pieces. Remove the meat from the pot, season the broth to taste, and strain into the soup tureen. Sprinkle the chopped parsley on the top, and serve. The meat and remaining vegetables may be served as a separate course; they may also be used in some form for another meal. Or the meat and vegetables may be served and the broth put aside and used on the following day as "Croute-au-pot."

TOMATO SOUP

One peck ripe tomatoes, one head celery, three large onions, one-half cup flour, one-half cup butter, one-half cup sugar, one-quarter cup salt, one pinch cayenne pepper. Put celery, onions and tomatoes together and boil till thoroughly cooked. Strain and boil with other ingredients till thick. Place in air tight glass jars—can be thinned to taste, with milk.

PALESTINE SOUP

Boil two lbs. jerusalem artichokes in salted water, and when quite done pass through a sieve. Boil one quart milk with seven or eight whole peppers, a piece of mace, six cloves, and an onion. When the milk is well flavoured, strain it. Melt a piece of butter the size of an egg. Stir into it one tablespoon flour, then add gradually the flavoured milk and the artichoke pulp. Boil it up, mix well and stir in one gill cream

DRIED PEA SOUP

Two cups dried split peas, three quarts cold water, three lbs. smoked brisket of beef, or scraps of dried beef, sausage, or a ham bone, one-quarter cup celery, diced, one small onion, cut fine, two tablespoons butter, one teaspoon sugar, two teaspoons salt, one-quarter teaspoon white pepper, two tablespoons flour. Pick over and wash the peas. Soak them in cold water over night, drain, place in soup kettle with the smoked beef, ham bone or tongue, add the cold water and let boil slowly but steadily four hours or more; add the celery and cook until the peas and meat are tender. Remove meat when tender. Skim fat off the top of soup. Heat two tablespoons of the fat in a spider, add the onions and brown, add flour and gradually a cup of the soup. Add to the rest of the soup. Season to taste and serve with the smoked meat, adding Croutons, Or the peas may be cooked until tender and smoked sausage or dried beef may be boiled with them a few minutes and served hot with the soup. The soup should be quite thick; water, soup stock, milk or cream may be added to thin if desired.

SOUP STOCK

Two lbs. shin of beef, one-half meat, one-half fat and bone, two quarts cold water, two teaspoons salt, one small onion, one-half small carrot, one-half small turnip, one sprig parsley, one piece celery root. Wipe the meat, cut it into small pieces. Put it, with the salt, into the cold water and let it stand

one-half hour. Simmer five hours, then add the vegetables cut fine and the seasoning. Cook one hour longer, strain and cool. When ready to use, remove the cake of fat, bring the stock to a boil; adding more salt if necessary.

TURKEY OR GROUSE SOUP

Poultry bones and scraps of the meat, cold water to cover, one teaspoon salt, one-eighth teaspoon pepper, one onion, sliced, one-quarter cup celery, diced, one-quarter cup carrot, sliced. Take any left over poultry, break the carcass in pieces, removing all stuffing. Put into kettle with remnants of the meat; cover with cold water, bring slowly to the boiling point, and let simmer four or more hours; add onions and celery and let boil one-half hour longer. Strain, remove fat.

MUTTON SOUP

One-half lb. mutton (neck), two onions, two tablespoons rice, two potatoes, one quart cold water, salt and pepper to taste. Cut the mutton into small pieces and put into a stew pot with the cold water. Cook slowly four or five hours. One hour before serving add the sliced potatoes, onions, rice and season ing. Thicken, if desired, with a little flour wet in cold water.

VEGETABLE SOUP

Two lbs. shin of beef, one-half meat, one-half fat and bone, 2 quarts cold water, two teaspoons salt, one-quarter teaspoon pepper, one teaspoon sugar, one cup tomato, one-half cup cabbage, one small

onion, one-half small carrot, one-half small turnip, one sprig parsley, one piece of celery root, thirty pods of shelled peas. Wipe the meat, cut it into small pieces. Put it with the salt into the cold water and let it stand one-half hour. Simmer four hours; then add the vegetables cut fine and the seasoning. Cook one hour longer, strain and cool. When ready to use, remove cake of fat, bring the stock to a boil, adding more salt if necessary.

CREAM OF TOMATO SOUP

One-half can or pint tomatoes, one-quarter teaspoon soda, one slice onion, one teaspoon salt, two teaspoons sugar, one-quarter teaspoon white pepper two tablespoons flour, two tablespoons butter, one quart milk or milk and water mixed. Cook the onion with the milk. Heat butter, add flour and seasoning, two-thirds cup hot milk, then the rest gradually. Heat the strained tomatoes, add the soda, and when the bubbling stops, add the tomato to the white sauce.

OYSTER STEW

Two cups scalded milk, one pint oysters, a little pepper, one-half teaspoon salt, one tablespoon butter. When the milk is hot put the oysters and butter in a sauce pan and heat until the edges curl. Add the milk and seasoning. Cook one minute and serve at once.

CREAM OF OYSTER SOUP

One pint of oysters, one-half cup cold water, one cup white sauce, salt and pepper to taste. Wash

oysters with one-half cup cold water, through colander, remove any bits of shell; reserve the liquid; heat gradually to the boiling point. Let oysters simmer until they look plump and the edges curl; drain and skim the liquid. Make a White Sauce, add the hot strained oyster liquid, salt and pepper to taste and cook until smooth. Add the oysters and serve hot with oyster crackers toasted in the oven just a few minutes.

BAKING POWDER DUMPLINGS

One cup flour, two teaspoons baking powder, one-quarter teaspoon salt, one-half cup milk or water, scant. Sift dry ingredients, stir in the milk or water and mix to smooth batter. Drop a teaspoonful at a time in the boiling soup; cover kettle, let boil five minutes and serve at once.

CRACKER BALLS

Six tablespoons cracker crumbs, one egg, two tablespoons butter or fat, one teaspoon chopped parsley, one tablespoon milk or soup, one-eighth salt, nutmeg, ginger and pepper to taste. Stir melted butter with the egg, add the seasoning liquid, and enough meal to shape into small balls. Drop into boiling soup ten minutes before serving.

FISH

TO BAKE FISH WHEN CAMPING

Gather twigs and any available wood and build a hot camp-fire. Cover fish well with heavy wrapping paper. Place on the hot embers and let bake one-

half hour, more or less, depending on size of fish. Rake out the fish, take off the paper, season with salt and pepper. Scales and skin will stick to the paper.

BAKED FISH

Clean and wash fish. Sprinkle all over with salt, and with pepper if desired. Stuff and sew it together. If fish is not oily rub it with melted butter. Dredge with flour. Place on a greased tin sheet and put it into a pan. Place pan in hot oven and bake fish until flesh separates easily from the bone allowing twelve to fifteen minutes for each pound of fish. Baste every ten minutes while cooking and when done serve on hot platter garnished with parsley and lemon slices.

FRIED FISH

Clean fish, wipe dry as possible, sprinkle with salt and pepper, dip in flour, crumbs, or cornmeal, then in egg and again in crumbs. Let stand a few moments. Then fry a golden brown in deep, hot fat.

SAUTED FISH

Clean fish, sprinkle with salt and pepper, dip in flour or cornmeal, and cook in spider with enough hot fat to prevent its sticking to the pan. Shake the pan occasionally. Brown well on under side, then turn and brown on the other side.

BROILED FISH

Clean the fish. Split a thin fish down the back, and if you prefer, cut off the head and tail. Cut thick fish into slices and remove skin and bone. Oily fish need only salt and pepper, but dry fish

should be spread with a little butter before broiling. Use double wire broiler and grease it. Put the thickest edge of the fish next to the middle of the broiler and broil the flesh side first. Cook about eight to twelve minutes, or until a delicate brown. Move the broiler up and down, that all parts may be equally browned, and then turn and cook the other side to crisp the skin. Broil over a clean fire, or if gas stove is used, one inch from gas in hot broiling oven. When done, the fish should be white and firm, and separate easily from the bone. Remove to a hot platter, flesh side up, first loosening fish from broiler. Spread with salt, pepper and butter, and garnish with slices of lemon and parsley.

BOILED FISH

Three lbs. fish, cut in slices and sprinkled with salt, one quart water, one-quarter teaspoon whole pepper, one tablespoon onion, cut fine, one tablespoon celery, cut fine, one tablespoon carrot, cut fine. Clean fish and let stand in salt several hours. Let the water, pepper and vegetables boil until the water is well flavored. Add the fish, a few slices at a time (or whole) and let simmer until the flesh is firm, and leaves the bones.

PICKLED FISH

One pint vinegar, one pint water, salt to taste, twenty pepper corns, eighteen allspice, five bay leaves, broken up, four slices lemon, five sliced onions. Boil vinegar and water one-half hour with salt, pepper, allspice, bay leaves and four slices of onion.

Add lemon slices, cook five minutes, then remove them. Simmer the fish in this liquor until you can pull out a fin. Cook only a few small fish or slices of fish at one time. Pack fish as cooked into a stone crock with one or more raw sliced onions between layers. Pour over the hot liquid with seasonings. Cover and keep in a cool place. In a few days the liquid will form a jelly around the fish. This liquid is enough for one-half gallon of fish. Will keep several weeks.

STUFFING FOR FISH

One-half cup bread crumbs, one-half cup cracker crumbs, one-quarter teaspoon salt, one-quarter cup melted butter, one teaspoon chopped onion, one teaspoon chopped parsley, one teaspoon capers, one teaspoon chopped pickles. This makes a dry, crumbly stuffing; if a moist stuffing be desired, use stale bread crumbs (not dried), and moisten with one beaten egg, or moisten the crackers with one-quarter cup hot water.

SALMON PUDDING

One small can steak salmon, one tablespoon butter, one cup bread crumbs, one cup hot milk, one-half teaspoon salt, one-eighth teaspoon pepper, two eggs. Remove skin and bones from salmon, and rub fish fine with potato masher. Melt butter in milk and add bread crumbs and seasonings. Combine with the fish. Last add the well beaten eggs. Put into a buttered deep baking dish and steam one hour.

When pudding is done, turn out on to platter and pour the following sauce around it. Serve hot.

SAUCE

One tablespoon butter, one and one-half tablespoon flour, one cup milk, liquid from salmon, one-half teaspoon salt, few grains of cayenne. Melt butter, add flour and slowly pour on hot milk, then add salmon liquid and seasonings.

CODFISH BALLS

Two and one-half cups potatoes, one cup salt codfish, one egg, one-eighth teaspoon pepper, one-half tablespoon butter. Wash in cold water and shred the fish. Wash, pare and cut the potatoes in pieces, cook the fish and potatoes together in boiling water until the potatoes are soft. Drain very dry over fire, mash fine, add butter, seasoning and beaten egg. Beat well, shape on a spoon, and drop into deep hot fat. Fry until brown and drain on brown paper. If they break apart add a little more egg.

OYSTERS IN BLANKETS

Twelve firm oysters, red pepper, twelve slices bacon (thin), chopped parsley. Drain well and wipe oysters dry and lay each oyster on a thin slice of bacon. Add a little red pepper, sprinkle with chopped parsley, fold bacon around oysters, fasten with a wooden tooth pick. Brown slowly in a frying pan and serve very hot.

ESCALLOPED OYSTERS

One pint oysters, two tablespoons oyster liquor, two tablespoons milk or cream, one-half cup stale bread crumbs, one cup cracker crumbs, one-half cup melted butter, salt, pepper. Mix bread and cracker crumbs and stir in butter. Put a thin layer in bottom of buttered, shallow baking dish, cover with oysters and sprinkle with salt and pepper; add one-half each of oyster liquid and cream. Repeat, cover top with remaining crumbs. Bake thirty minutes in hot oven. Never allow more than two layers for scalloped oysters; if three layers are used, the middle layer will be underdone.

MINORITY FISH BALLS

Boil any fresh fish—cod or haddock—and tease out well—after removing the head, all bones and the skin, add two boiled potatoes, put through the ricer. Make a thick drawn butter, to which add the fish and potatoes well mixed—salt and pepper to taste and yolks of two eggs, slightly beaten—if too soft add a little flour or fine bread crumbs. Drop from a spoon in boiling lard and fry a nice brown. Don't have them too soft to drop—they should be stiff enough to hold their shape. Garnish with lemon and parsley.

CREAMED FISH

One and a half cups of flaked halibut, or any cold boiled fish, two cups milk, one-quarter cup of butter, one tablespoon of flour, bit of bay leaf, dash of mace, sprig of parsley, one small onion, one-half cup but-

tered bread crumbs, salt, pepper, one tablespoon of sherry.

Scald the milk with the onion, bay leaf, mace and parsley; remove the seasonings, melt the butter, add the flour, salt, pepper, and gradually the milk. Put the fish in a deep buttered dish (or individual dishes). Pour over it the sauce and cover with the buttered crumbs. Just before takin g from the oven make an opening in the crust of crumbs and put in a tablespoon of sherry.

FISH SOUFFLE

One cup of cold fish flaked, one cup of whipped cream, two eggs well beaten, juice of half a lemon, pepper and salt to taste.

Mix well and bake in moderate oven twenty minutes in ramekin dishes.

BATTER

Two tablespoons flour, one whole egg, one teaspoon salad oil. Pinch of salt and enough very cold water to make mixture like thick cream. Beat hard for five minutes and put to one side till ready. This batter is excellent for frying fish, fruit, or any soft and tender substance, but too thick for chicken or meat. Batter will keep good for a week and is improved by standing some hours.

HUNGARIAN FISH RAMEKINS

Take small pieces of any cooked fish (white) to which add shreds of onion browned in the pan, also diced celery, tomato and pimento. Season well.

Almost fill ramekins with this and then pour in an egg beaten into milk. Bake until custard is taken and serve in ramekins very hot.

MEATS

BRAWN

A pig's head and feet—well cleaned and cut—soak all night to draw out the blood. Cover well with water and boil till thoroughly tender and well done. Put in a colander and drain the liquid. Stand aside for the night. Cut up the meat very small and put on with the liquid, season with salt and pepper and cayenne. Give one good boil up and put into moulds.

SCOTCH HAGGIS

Thoroughly clean a sheep's pluck, make incisions in heart and pluck to let blood out, put in saucepan with enough cold water to cover (letting the windpipe hang over the saucepan). Change water after ten minutes. Cook till done. Trim and mince half a liver, one pound minced suet, one breakfast cup oatmeal, one-half pint gravy, season well with pepper, salt and cayenne. Have a clean haggis bag ready, fill three parts full and boil three hours in plenty water.

N. B. A haggis bag is a sheep's paunch; but the above mixture can be steamed for four hours in any ordinary steaming bowl. It is also a very good, though rich, stuffing for fowls.

LAMB IN CASSEROLE OR BAKING DISH

Spread cracker crumbs over buttered baking dish a layer of cold meat cut in slices, one teaspoon chopped

onion, a tablespoon of melted butter. Cook until colored, add one cup of milk, one-half cup of soft bread crumbs, one teaspoon chopped parsley and little salt and pepper. Let it cool slightly, then stir in two well beaten eggs and pour the mixture over the meat—place in the oven and bake till a delicate brown. Fresh tomatoes cut up or a half a can put in before the mixture, is an addition.

CHICKEN LIVER EN BROCHETTE

Cut each liver into four pieces, alternate pieces of liver and bacon, allowing one liver to five pieces of bacon for each skewer.

Sprinkle with bread crumbs.

Balance shewer in upright position on dripping-pan and bake in a hot oven until crisp. Serve with rounds of toast and garnish with watercress.

RILLETTES DE TOURS

(Cretons Canadiens)

Three pounds shoulder of fresh pork, three pounds cutlets of pork, one fillet of pork, two pork kidneys, two pounds of kidney fat, one pint of water, three tablespoons of salt, pepper, and four onions minced fine with pork fat. Chop the meat into small dice, mince the fat and kidneys very fine; let all boil gently for four hours. About one-half hour before removing from the fire, add one teaspoonful of mixed spices and one-quarter pound fresh mushrooms cut in large pieces. Line a mould with half-set aspic; when set, pour in the mixture, pour over more aspic. This is excellent for a cold supper or can be used as

paté de foie gras, and it may be moulded in butter dishes without the aspic.

STEWED TRIPE

Select two pounds of double tripe well cleaned and blanched, cut in pieces of rather less than a quarter of a pound each, put in a clean stew-pan with a pint of milk and one of water, two teaspoonfuls of salt, one of pepper, eight middle-sized onions carefully peeled; set it on to boil, which it should do at first rather fast, then simmer till done, which will be in rather more than half an hour. Put it into a deep dish or tureen and serve with the milk and onions.

BEEF LOAF

Three and a half pounds veal or beef, minced very fine, and uncooked; four large crackers, crushed very fine; one egg, one cup of milk, butter the size of an egg, one tablespoon salt, one of pepper; mix in shape of a loaf, and bake in a slow oven two hours and a half, basting often; to be eaten cold; very nice for tea or lunch.

BEEF HEART

Wash the heart well, and cut into squares half an inch long. Stew them for ten minutes in enough water to cover them. Salt the water slightly to draw out the blood, and throw it away as it rises in scum to the top. Take out the meat, strain the liquor, and return the chopped heart to it, with a sliced onion, a large spoonful of catsup, some parsley, a head of celery chopped fine, and cayenne pepper,

with a large lump of butter. Stew until the meat is very tender, when add a tablespoonful of browned flour to thicken. Boil up once, and serve.

TO BOIL CORNED BEEF

Put the beef in water enough to cover it, and let it heat slowly, and boil slowly, and be careful to take off the grease. Many think it much improved by boiling potatoes, turnips, and cabbages with it. In this case the vegetables must be peeled and *all* the grease carefully skimmed as fast as it rises. Allow about twenty minutes of boiling for each pound of meat.

MOCK DUCK

Take the round of beefsteak, salt and pepper either side; prepare bread or crackers with oysters or without, as for stuffing a turkey; lay your stuffing on the meat; sew up and roast about an hour; and if you do not see the wings and legs you will think you have roast duck.

HAMBURG STEAK

One pound round steak, one tablespoon drippings, one teaspoon chopped onions. salt and pepper. Take one pound of raw flank or round steak. Salt and prepare as desired. Cut off fat, bone and stringy pieces. Chop it very fine. Chop onions very fine and mix with meat. Season to taste. Make into round cakes a little less than one-half inch thick.

Heat pan blue hot, grease lightly; add cakes, count sixty, then turn and cook on the other side

until brown. When well browned they are done if liked rare. Cook ten minutes if liked well done.

RUMP ROAST, BOILED

Take three pounds or more of rump of beef (a thick chunk) one-quarter pound raw beef fat, in small cubes, one large onion chopped fine and mix in a saucer with a liberal amount of salt, some peper and ginger. Make deep gashes in the meat, about two inches apart, filling pockets with the fat cubes and the onion mixture; cutting the pockets, one at a time, filling and pressing the mixture in well. Put meat in kettle, pour over boiling water to cover, cover and let cook gently adding more water as it evaporates. Add one-quarter cup each of diced onion, celery and carrot to soup and let cook one hour longer or until tender. Take meat out of soup just as soon as tender. Season all over with salt, pepper and ginger. Place in roasting pan, add fat from top of soup, place in hot oven and roast until well browned, basting often with fat in pan. Place roast on hot platter, add a little flour to gravy in kettle, and one cup hot soup, stir and cook until smooth, pour over meat and serve.

MOCK BIRDS OR BEEF ROLLS

One pound round steak or veal steak, one-quarter inch thick, one teaspoon salt, one-quarter teaspoon prepared mustard, one tablespoon chopped fat bacon, one bay leaf, one teaspoon onion chopped, one tablespoon pickle, chopped, two tablespoons fat drippings, one pint boiling water. Cut one

pound of round steak one-quarter of an inch thick in four pieces. Flatten each piece, sprinkle with salt and pepper, and spread with bacon, mustard, onion and a speck of paprika. Roll each slice and fasten with either string or toothpicks. Sprinkle each roll with flour and brown in fat or butter and add enough boiling water to cover. Simmer until nearly tender, then add salt according to taste and continue simmering until tender, and remove strings. Time required, two-and-a-half to three hours.

Before serving, remove fat and sprinkle one-half tablespoon of flour over beef rolls. Allow to cook a few minutes; strain gravy, and serve very hot. Veal may be used in the same way. It does not require as long cooking as beef. Add two tablespoons Sherry if desired. Poultry Dressing, may be used to spread on the slices, in place of the bacon and mustard dressing.

BAKED CALF'S LIVER

Calf's liver, two tablespoons beef or poultry fat, two onions sliced, two tablespoons flour, salt and pepper. Wash, drain and trim calf's liver, sprinkle all over with salt, pepper and flour and place in a spider with beef or poultry fat and the onions. Melt fat and spread some over top of liver. Cover spider closely and place in a hot oven fifteen minutes. Uncover, reduce the heat and bake slowly one hour, or until tender and well browned. Serve plain or with slices of fried bacon on top and decorate with parsley.

CALF'S HEART

Wash, remove the veins and arteries and stuff with bread crumbs, onion juice, melted fat, salt, pepper and chopped parsley. Sprinkle with salt and pepper, dredge with flour and brown in hot fat. Place in deep pan, half cover with boiling water, cover closely and bake slowly two hours, basting every fifteen minutes. Add more water if necessary. Strain the liquid, add lemon juice and parsley.

LAMB STEW

Cut lamb from neck or shoulder, in pieces. Brown in fat with chopped onion. Cover with boiling water; let cook. Add carrots, celery, diced, and parsley. Salt and pepper. Cook two hours or until tender. One-half hour before done add small potatoes. Serve hot on platter, garnish with parsley.

MEAT PIE WITH POTATO CRUST

Chop cold roast beef, removing all fat and gristle; cover the bones and trimmings with cold water; add a few slices of onion and carrot and a stalk of celery, if at hand; let simmer one hour; strain off the broth and simmer it in the slices of beef until they are tender. Season with salt and pepper, and pour into a baking-dish; shake in a little flour from the dredger, and, if at hand, add four or five mushrooms peeled; broken in pieces and sautéd 5 minutes in a little butter; cover closely with a round of potato crust in which there is an opening; bake until the crust is done (about 15 minutes).

POTATO CRUST

2 cups of flour, ½ teaspoon of salt, 2 teaspoons baking powder, ½ cup of shortening, 1 cup of cold mashed potato, milk or water.

Sift together the flour, salt and baking powder, cut in the shortening, add the cold mashed potato and lastly the milk. Put on a floured board and roll gently.

POTATO AND MEAT PIE

Chop cold meat, removing the bones, fat and gristle. Put the meat in a pudding dish. To each cup of meat, pour in one-third cup of gravy or one-fourth cup water. Taste, and stir in, if needed, one-fourth teaspoon salt, one speck pepper, and a few drops of onion juice or a little chopped parsley. Spread mashed potatoes as a crust over the meat, bake on the grate of the oven, until golden brown.

RISSOLES

Two cups cooked meat, one-quarter cup hot water, or meat stock, one teaspoon salt, two tablespoons cracker crumbs, one teaspoon onion (chopped), one-quarter teaspoon celery salt, one-eighth teaspoon pepper, one egg. Can use any cold cooked meats. Cut the meat off the bones, remove fat, gristle and skin; put the meat in a chopping bowl and chop very fine, season it with salt, pepper, and a little chopped onion or celery salt. Add half as much bread crumbs as you have meat, moisten with a well beaten egg or eggs, or use a little thickened gravy, form into small

cakes or a loaf. Put into shallow pans with a little beef drippings over the top; bake in a moderate oven about thirty minutes, a delicate brown. Serve with Tomato Sauce.

BEEF BRAINS A LA MACOLA

Two pairs beef brains, few peppercorns, one tablespoonful vinegar, one bay-leaf, two small onions, two tablespoonfuls olive-oil, one clove garlic, two teaspoonfuls salt, two cupfuls canned tomatoes, one-half sweet green pepper, four tablespoonfuls flour, one cupful hot water, toast. Soak the brains in cold water for an hour; remove all the membrane, and parboil for twenty minutes in boiling water, then cover with the peppercorns, vinegar, bay-leaf, one onion sliced, and one-half teaspoonful salt. Then drain; when cold, drain again. Meanwhile heat the oil in a saucepan, add one onion, the garlic and sweet pepper chopped fine and cook until the onion is golden brown, then add the flour; and then tomato. Boil, add the water and one and one-half teaspoonfuls salt. To this sauce add the brains cut up in small pieces. Let boil up well and serve on toast.

BAKED LIVER WITH VEGETABLES

Two pounds beef liver, one large onion, sliced, one tablespoonfuls drippings, one cupful stewed tomatoes, one-half cupful hot water, three slices bacon, twelve small potatoes, one-quarter cupful flour, two cupfuls celery, diced, salt and pepper.

Heat the drippings in a pan that has a tight cover. Add to this the onion and the celery. Cook slightly. Dredge the liver, which should not be sliced, with a little of the flour and lay in the pan. Arrange the bacon over the top, add the hot water and one teaspoonful of salt, and bake in a hot oven for one-half hour. Then put in the potatoes, pared and halved. Cover and bake until the potatoes are done, remove lid and brown the bacon. Dish the meat and vegettables, add to the liquid in the pan the rest of the flour, stir until smooth, and add the tomatoes. Serve the sauce in a separate dish.

TONGUE IN TOMATO SAUCE

One fresh beef tongue, one pint tomatoes, one can peas, one onion, two cloves, one tablespoonful cornstarch, salt and pepper. Boil tongue in salted water until tender. Peel and remove the roots. Combine the tomato, onion sliced, and cloves. Simmer until soft, strain and thicken with the cornstarch mixed with a little water. Add salt and pepper to taste. Simmer tongue in sauce one-half hour. Add peas just before serving.

LIVER EN CASSEROLE

One pound liver, two medium-sized carrots, two medium-sized potatoes, one small onion, sliced, three teaspoonfuls salt, four tablespoonfuls bacon drippings, one-quarter teaspoonful pepper, one-quarter cupful flour, one and one-half cupfuls milk. Scrape and parboil carrots. Cut liver in slices one-quarter inch thick, and immerse it in boiling water for ten

minutes, drain, dredge with flour, and brown on both sides in drippings in which onion has been browned; remove onion before putting in liver. Remove liver as soon as brown, add the rest of the flour to remaining grease (there should be at least a tablespoonful) and stir until brown, add milk, or milk and water. Let boil, but do not cook thick. Season gravy highly. Put a layer of sliced carrots in the casserole, then slices of liver and the onion. Repeat. Pare the potatoes and slice thinly over the meat and vegetables already in the casserole. Over all pour the gravy. Cover and bake three-quarters of an hour.

BAKED SAUSAGE WITH APPLES

One cupful stale bread, one cupful cold corn bread, two tablespoonfuls chopped liver, six large sausages or one pound, one-half onion, scraped or grated, sweet herbs and seasoning to taste, five or six apples, milk, about one cupful. Soak the bread and corn bread in sweet milk for five minutes and squeeze dry; add liver and seasoning, and arrange in a mound in the center of a large, shallow, greased baking dish. Around this lay the sausages, pricking or gashing each one, and bake in a moderate oven for twenty minutes; then pour off the superfluous fat, and add five or six apples, cored and cut in thick slices; baste all freely with fat, and bake one-half hour longer.

MEAT SUBSTITUTES

CHEESE AND POTATO PUFFS

One cup grated cheese, one cup best seasoned potatoes mashed, one egg, one-half teaspoon salt, dash of paprika, one-half teaspoon parsley, chopped fine. Mix cheese and potatoes, add salt, parsley, paprika and yolk of egg well beaten. Fold in the white of egg stiffly beaten, and place by spoonfuls on a greased pan. Bake till golden brown.

EGG IN TOMATO SAUCE

Cover the bottom of an earthen baking dish with well seasoned tomato purée. Arrange on it poached eggs, leaving spaces to show red color—lay between the eggs small cooked sausages. Place a small piece of butter on each egg and set dish in oven to heat.

SAVOURY RICE

Two tablespoons butter, dripping or margarin, six tablespoons boiled rice, four tablespoons chopped cooked carrot, three tablespoons grated, cheese, one chopped hard boiled egg, milk. Melt butter or margarin and add rice, carrots.. cheese and egg. Moisten well with milk and season . Heap on a dish and brown in the oven. In food value this dish takes the place of both meat and potatoes.

EGG FRITTERS

Three hard boiled fresh eggs (ten minutes), cut whites in dice. Stir yolks into thick sauce made of one tablespoon flour cooked in one tablespoon butter

and one-half cup milk. Stir till smooth but not too fast or long, as butter will separate and sauce become oily, leave mixture in cool place, then lift dessert-spoonful and dip in batter. Fry in clarified dripping.

RICTUM—DITY

One can tomatoes, one cup grated cheese, one-half small grated onion, one green pepper,chopped, two tablespoon butter, two eggs, one teaspoon salt. Mix tomatoes, cheese, onion juice and the pepper, chopped. Melt the butter in chafing dish, add the mixture, and when heated add the eggs well beaten. Cook until eggs are of creamy consistency, stirring and scraping from bottom of pan. Serve at once on toast.

ENGLISH MONKEY

One cup stale bread crumbs, one cup milk, one-half cup soft, mild cheese in small pieces, one tablespoon butter, one egg, one-half teaspoon salt, few grains cayenne. Soak bread crumbs in milk fifteen minutes. Melt the butter, add the cheese and when melted add soaked bread, egg slightly beaten and seasonings. Cook three minutes and pour over toasted crackers.

WELSH RAREBIT

One tablespoon butter, one-half pound cheese, one-quarter cup milk, one egg, one-eighth teaspoon salt, one-eighth teaspoon mustard, speck of cayenne pepper. Melt the butter, break the cheese into small pieces, and add with the seasoning to the butter. When the cheese melts, add the egg, beaten with

the milk, and cook one minute. Serve at once on toast or wafers.

MACARONI WITH TOMATO SAUCE

To one cup of stewed tomatoes which has been strained through a colander and seasoned with salt, paprika and one tablespoonful of butter, add a cup of chopped French mushrooms and olives mixed; pour over one-half pound cooked Macaroni, pour in a chafing dish and serve.

POTATO SALAD WITH BACON (HOT).

One quart boiled potatoes, sliced, (10 small potatoes), one-quarter pound bacon sliced and cut fine, one medium onion, cut fine, one teaspoon salt, one-eighth teaspoon pepper, one-half teaspoon sugar, one-half teaspoon flour, one-half cup vinegar, one-half cup water. Scrub potatoes; cook in boiling salted water until tender. Drain and while hot skin and cut into one-quarter inch slices; sprinkle with the salt, pepper, sugar, and flour. Add water to vinegar and let heat thoroughly. Place bacon in spider, let fry light brown, add onion, brown slightly, add potatoes and over all pour the hot vinegar, let heat through to absorb the vinegar and water, place in serving dish and serve hot. The bits of fried bacon may be omitted. If the salad is too dry add a little hot water. It should have a glassy look, without being lumpy or greasy.

BAKED OMELET

Six eggs, two tablespoons of flour, a little salt, one cup of milk; take a little of the milk, and stir the

flour into it; add the rest of the milk, and the yolks of the eggs; then beat the whites of the eggs to a stiff froth, and pour into the flour, milk, and yolks; put a piece of butter the size of a small egg into an iron spider, and let it get hot, but not so the butter will burn; then pour the mixture in and put in a moderate oven to bake in the spider. It takes about ten minutes to bake. Then slip a knife under and loosen, and slip off on a large plate or platter.

CREOLE EGGS

One tablespoon chopped onion, one tablespoon green peppers, one tablespoon butter, one small can mushrooms, one cup tomato, strained, one tablespoon capers, six eggs, toast. Let onions and peppers simmer a few minutes in the butter, add the mushrooms, capers and tomato liquid, heat through. Beat the whole eggs well and cook with the other ingredients, stirring constantly until the eggs are well scrambled. Serve on toast.

EGGS WITH DRIED BEEF.

One-half pound dried beef, shredded, three eggs, one tablespoon fat or butter. If beef is too salty, pour over boiling water and press dry. Heat the fat in a spider, add the meat, let soak a few minutes, add eggs slightly beaten; mix or scramble with the meat and let cook until the eggs are set and serve immediately.

CURRIED EGGS

Six hard cooked eggs, two tablespoons butter, two tablespoons flour, one-quarter teaspoon salt,

one-half teaspoon curry powder, one-eighth teaspoon pepper, one cup hot milk. Melt butter, add flour and seasonings and gradually the hot milk. Slice the eggs, cross-wise or in eighths lengthwise and reheat in the sauce. Garnish with bread Croutons. If you desire, one teaspoon chopped onion may be browned in the butter.

DEVILLED EGGS

Four hard cooked eggs, one-quarter teaspoon salt, one-half teaspoon mustard, one-quarter teaspoon cayenne pepper, one teaspoon vinegar, one teaspoon olive oil or melted butter. Take eggs when cold, remove shell and cut each in two lengthwise. Remove yolks and set whites aside. Rub yolks smooth and mix thoroughly with the rest of the ingredients and roll into balls size of original yolk. Place a ball in each half white of egg, and send to the table on a bed of crisp lettuce leaves.

BREAD OMELET

Two tablespoons bread crumbs, one speck of salt, one speck of pepper, two tablespoons of milk, one egg, one-half teaspoon butter. Soak the bread crumbs in the milk for fifteen minutes, then add the salt and pepper. Separate the yolk and the white of the egg and beat until light. Add the yolk to the bread and milk and cut in the white. Turn in the heated buttered pan and cook until set. Fold and turn on heated dish.

COTTAGE SALAD

Three-quarter pound well-seasoned cottage cheese, three large tomatoes, twenty-four stuffed olives, one cupful boiled dressing, lettuce, six hard cooked eggs. Chop the olives fine, mix with the cheese, and form into balls about the size of a walnut. Upon each individual plate arrange a bed of shredded lettuce and a large slice of tomato. Place three cheese balls on each slice of tomato and top with the yolk of a hard-cooked egg, thus forming a little pyramid. Sprinkle the chopped egg-white over the salad and pass the dressing after the salad is served.

VEGETABLES

SIMPLEX POTATOES

Six large potatoes, one green pepper, two tablespoonfuls drippings, one-half cupful grated dry cheese, paprika, salt, chopped parsley. Select uniform potatoes; pare and slice in rounds one-fourth of an inch in thickness. Melt a tablespoonful of drippings in a large frying-pan. When hot, place the rounds of potatoes in it. Brown nicely on one side; to do this, cover for a while and cook slowly. Turn, then on the brown side of each place about a teaspoonful of grated cheese and several pieces of minced green pepper. Sprinkle with paprika and salt and brown the under side slowly. so the potatoes will become thoroughly well done and the cheese nicely melted. Place on a platter with a little chopped parsley on each slice. The frying-pan will not hold all at once, so add a little more of the drippings before each frying.

POTATOES WITH SAVORY SAUCE

Twelve small potatoes, four tablespoonfuls butter, one teaspoonful chopped parsley, one tablespoonful chopped red or green sweet pepper, one teaspoonful chopped chives, juice one-half lemon, two tablespoonfuls grated cheese, one teaspoonful salt, one-quarter teaspoonful pepper. Wash potatoes thoroughly and boil in their jackets. Remove skins. Melt the butter, add parsley, chives, pepper, and lemon-juice. Season with salt and pepper, adding cheese last; stir till cheese is melted. Pour sauce over the potatoes. Chopped onion or onion-juice may be used in place of the chives and peppers.

SWEET POTATO CROQUETS

One quart raw sweet potatoes, yolks four hard cooked eggs, one-half teaspoonful salt, one-quarter cupful butter, two tablespoonfuls sugar, flour. Boil the sweet potatoes until tender. Put through a potato ricer together with the yolks of eggs. Season with the butter melted, sugar and salt. Form this mixture into balls, roll in flour until completely covered. Fry in hot deep fat until a light brown color. Reserve whites of the hard cooked eggs to use in some other dish.

TOMATO CAKES

Four eggs, two cupfuls canned tomatoes, three tablespoonfuls shortening, about two cupfuls cracker-crumbs, one-quarter teaspoonful pepper, two teaspoonfuls salt. Beat eggs light, add tomatoes and

shortening melted, pepper and salt. Stir in cracker-crumbs to make it stiff enough to drop by the tablespoonful on a hot griddle. Brown on both sides and serve at once.

SWEET POTATO PUDDING

Two cupfuls cooked diced sweet potatoes, two egg-whites, one green pepper, two cupfuls corn, one-quarter teaspoonful pepper, two tablespoonfuls butter, two tablespoonfuls flour, one cupful milk, one and one-half teaspoonfuls salt, one-quarter teaspoonful paprika. Mix corn, potato, and pepper. Melt butter, add flour and milk. Add rest of ingredients, lastly the stiffly beaten egg-whites, place in buttered baking-dish and brown in oven. Canned or dried sweet potatoes may be used.

FRIED CELERY

One large bunch celery, one egg, one-quarter teaspoonful salt, one-eighth teaspoonful pepper, one cupful fine cracker-crumbs. Wash and cut the celery into four-inch lengths. Boil until tender in salted water. Beat one egg and add seasoning. Dip the celery in the egg, then in fine cracker or bread-crumbs, and fry to a delicious brown in hot deep fat. Serve with chicken.

SAVORY RICE

One-half cupful rice, one medium sized onion, three-quarter cupful ham (minced), one cupful canned tomatoes, one teaspoonful Worcestershire sauce, if liked, one teaspoonful salt, one-quarter teaspoonful

pepper, few grains cayenne pepper, one tablespoonful butter, one-half cupful dry crumbs. Cook rice in plenty of boiling salted water. Mix ingredients except butter and crumbs in the order given. Place in a greased baking dish, cover with cracker or bread-crumbs, dot with pieces of butter, and bake thirty minutes in a moderate oven.

VEGETABLE HASH

Two cupfuls cold diced cooked potatoes, one cupful chopped cooked beets, one cupful chopped cooked carrots, one-half cupful chopped cooked meat, one small onion, two tablespoonfuls fat, two teaspoonfuls salt, one-half teaspoonful paprika, one-quarter teaspoonful pepper.

Heat pan thoroughly and drop in the fat. Brown in this the chopped onion, add the potatoes, beets, carrots, and meat. Season with salt, pepper, and paprika. Cook until a brown crust forms on the bottom, moistening occasionally with a little milk or left-over beef gravy.

CABBAGE CURRY

One onion minced, one tomato, fresh or canned, two tablespoonfuls shortening, two cupfuls cold boiled cabbage, two teaspoonfuls salt, two teaspoonfuls curry powder, one cupful water, stock or gravy, one tablespoonful flour. Brown onion in shortening and add curry powder mixed to a paste with a little water. Fry together a few moments, then turn into a suacepan and mix with cut-up tomato, chopped cabbage, and water or stock and salt. Simmer

slowly for at least an hour till liquid is all absorbed. Just before serving, thicken with flour stirred into a paste with a little water. Serve with plain boiled rice and garnish with slices of lemon.

POTATO FRITTERS

Potato Fritters make a very good and substantial luncheon dish; served with sirup or jelly, they will always be enthusiastically greeted by the younger members of the family. Pare and wash six medium-sized potatoes, then grate and press them well to expel the superfluous moisture. Sift two tablespoonfuls of flour with one teaspoonful of baking-powder, and add to the potatoes, with one well-beaten egg and one-fourth teaspoonful of salt. Beat well, then drop by spoonfuls into hot, deep fat, fry to a golden brown, and drain on paper. Serve at once, for these fritters are not good unless direct from the fire. Fried Potato Noodles served with a dinner will transform it into a feast for the gods. Boil and mash enough potatoes to make one and a half cupfuls. Cut into bits one-half cupful of stale bread. Brown the bread slightly in the oven, then crush with a rolling-pin, and fry it to a deep brown in a tablespoonful of butter. Add the buttered crumbs to the mashed potatoes, with salt, pepper, and paprika to taste, and if you like the flavor add also a tiny pinch of mace. Beat the yolk of one egg lightly, and stir into the potato mixture, then fold in the stiffly beaten white of the egg. Whip the whole till very light, then make into balls the size of marbles. Drop these into hot, deep fat and fry until golden brown. The

balls should puff up to twice their size, and will be very light when properly cooked. They may be served with tomato sauce, or simply with melted butter, and are greatly improved if a little grated cheese is sprinkled over them just before sending to the table. For variety and also as a means of utilizing bits of cold meat, chop the latter very fine, season well, and place in the center of the noodles when making them into balls. If you wish the balls still lighter, add half a teaspoonful of baking-powder to the potatoes when the crums are added. This is not necessary, but is preferred by many housewives.

SUMMER SCALLOP

Three tomatoes, one small onion, one and one-half teaspoonfuls salt, one-quarter teaspoonful pepper, one tablespoonful margarin, three ears boiled corn, one-half cupful macaroni, one-quarter cupful grated cheese. Stew the tomatoes with the onion coarsely chopped; season with the salt, pepper, and margarin. Add to the tomatoes, the corn from the cob, the macaroni cooked in boiling, salted water until tender, and the cheese. Mix all together and put in a buttered baking-dish. Heat thoroughly in a hot oven.

STEWED FRESH CORN WITH PEPPERS

Twelve ears sweet corn, two green peppers cut up fine, one cupful milk, one tablespoonful butter, salt and pepper to taste, three-quarter cupful rice, one-quarter teaspoonful soda. Clean the corn and cut the kernels from the ears; scrape them so as to get the milk. Scald the peppers in water to which the

soda has been added. Put the butter in a hot skillet and add the corn and peppers; pour in the milk; salt, and pepper; cook slowly until done. It should be slightly browned. Should there not be sufficient add a little more milk or water. Boil the rice, till tender in plenty of salted water. Drain it in a colander. It may be mixed with the corn or served separately.

CREOLE TOMATOES

Six small or four large ripe tomatoes, two green peppers, one small onion, one tablespoonful flour, two and one-half tablespoonfuls butter, one-half cupful cream, salt, pepper. Peel the tomatoes and place them in a buttered baking-dish. Chop the peppers (after removing all seeds) with the onion. Cover the tomatoes with the mixture, spread with bits of butter, using one and one-half tablespoonfuls, and sprinkle with salt and pepper. Bake in a moderate oven twenty to thirty minutes. Remove the tomatoes to rounds of buttered toast and keep warm. To the liquor in the dish add the flour and a tablespoonful of butter rubbed together, and then the cream. Cook till thick, season with salt and pepper, pour over the tomatoes, and serve at once.

SUMMER SQUASH PUDDING OR PIE

Two cups summer squash, two cups milk, one cup crushed cornflakes, one-quarter cup sugar, one egg or two teaspoons rice flour or corn starch, one-quarter teaspoon each cinnamon, ginger, nutmeg, one-quarter teaspoon salt. Steam the squash until tender, put

through a sieve, and cook down till almost dry; then measure. Mix sugar, salt, and spice, add squash, egg slightly beaten or corn-starch mixed with a little of the milk, and the milk gradually. Turn into a buttered baking-dish and bake in a slow oven until firm and brown. This may also be baked in one crust.

EGGPLANT CASSEROLE

One eggplant, six tomatoes, one green pepper, six medium-sized onions, two teaspoons salt, one-half teaspoon pepper, one-third cup fat. Pare and slice the eggplant and onions, and slice the pepper. Brown in a frying-pan in drippings or vegetable fat. Place the browned vegetables in a greased casserole, alternating with the tomatoes sliced. Season each layer with salt and pepper and cook in a moderate, oven forty minutes. Canned tomatoes may be used when fresh ones are not obtainable.

GREAT-GRANDMOTHER'S SUCCOTASH

Six ears of corn, one pint fresh lima beans, shelled, one large potato, one-quarter pound piece bacon, two quarts water, three teaspoonfuls salt, one-quarter teaspoonful pepper. Score the corn and cut from the cobs, scraping the cobs well to obtain all the milk. Place in a soup kettle with the diced potato, lima beans, and bacon cut in cubes. Add the water and seasoning; bring slowly to a boil and let simmer four hours, or cook in the fireless cooker. Serve in the soup tureen or in soup dishes.

SALSIFY (OR OYSTER-PLANT)

In preparing salsify for any method of cooking, it should be scraped as rapidly as possible, cut into pieces of the required size, and put at once into cold water to which two tablespoonfuls of vinegar have been added; otherwise the salsify will darken immediately.

Salsify may be served either stewed or creamed, like any other vegetable. However, a delicious and hearty variation of ordinary stewed salsify is prepared as follows: Scrape and cut into inch pieces or fancy shapes with the vegetable cutter sufficient salsify to make four cupfuls. Cook until tender in boiling water, drain, and add one tablespoonful of margarin, two teaspoonfuls of finely chopped parsley, and one-half teaspoonful of lemon juice. Let simmer a few minutes until hot, take up in a deep platter, and pour around it the following sauce: Run through the coarse knife of the meat-grinder one small onion, one-half a small carrot, one-half a small turnip, and four stalks of celery. Simmer until tender in boiling, salted water and drain. Reheat in two cupfuls of medium white sauce, add a speck of nutmeg and a bit of cayenne, and pour around and over the salsify.

Salsify Cakes. Prepare, boil, and mash three cupfuls of salsify. Season to taste with salt and pepper, add the lightly beaten yolk of one egg and one-fourth cupful of cracker crumbs. Make into flat cakes like fish-cakes, dip lightly in seasoned flour, and sauté until golden brown. To vary,

make the cakes like small eggs, brush with beaten egg, and bake in a buttered pan in a hot oven until brown. Parsnips may be served in the same manner, increasing the amount of seasoning.

Salsify and Potato Soufflé makes a "different" main dish. To one pint of hot, riced potato add one cupful of hot, riced salsify. Add one tablespoonful of margarin, one teaspoonful of salt, one-fourth teaspoonful of paprika, and one-fourth cupful of milk. Beat well and add, after the mixture has cooled somewhat, two eggs, the yolks and whites beaten separately. Pile lightly in a buttered glass baking-dish and brown in a very hot oven. Accompany with a salad made of finely shredded cabbage, thinly sliced apple or shredded celery, a few nutmeats, and a whirl of mayonnaise or boiled dressing on top.

Salsify Salad. Cook diced salsify, add an equal amount of diced celery, and serve in lettuce cups with a whirl of mayonnaise on top. Grate a bit of canned red sweet pepper over mayonnaise, if on hand.

Scalloped Salsify. Clean, scrape, cut into inch pieces, and boil enough salsify to fill the dish required. Butter the dish, put in a layer of salsify, sprinkle with paprika and pepper, then a thin layer of medium white sauce and a grating of cheese. Repeat until the dish is full, having the cream sauce and cheese on top. Brown in a quick oven. Vary by sprinkling finely-chopped raw celery over each layer or by using tomato sauce instead of white sauce.

PARSNIP DISHES

We are all familiar with parsnips served either boiled or in a white sauce. I have discovered a new way of serving parsnips, which you will all find delicious. When serving boiled parsnips, use only the lower part of the parsnip. Save the upper part for the next day's meal and serve as follows: Slice across into three-quarter-inch-thick pieces, dip lightly into flour which has been salted and to which a bit of sugar has been added, and sauté until a rich brown. Use as an accompanying vegetable or as a garnish for a roast or Hamburg steak.

Old-Fashioned Beef and Parsnip Stew makes a substantial as well as tasty main dish. Cut one pound of lean round of beef into half-inch cubes, dredge with salt and pepper to taste, and two tablespoonfuls of flour. Place in a kettle together with three medium-sized onions cut into rings, and brown quickly. Cover with two quarts of boiling water and let simmer two hours. Add four medium-sized parsnips peeled and cut into dice, and four potatoes likewise diced. Simmer until the vegetables are tender, and add more seasoning if desired. Serve with dumplings, following the standard recipe for the same.

Baked Parsnips. Slice the top part of cooked parsnips into three-fourth-inch slices, or split the whole parsnips down the center and cut in two-inch lengths. Lay in a buttered baking-pan close together, sprinkle with salt, brown sugar, and small bits of

margarin, allowing one teaspoonful of salt and one tablespoonful each of brown sugar and margarin to each cupful of parsnips. Brown in a hot oven, basting with the melted sirup which will appear.

Scalloped Parsnips with Tomato. Fry one medium-sized onion in one tablespoonful of margarin until golden brown. Add one pint of stewed tomato and season with one and one-half teaspoonfuls of salt, one-fourth teaspoonful of pepper, a bit of cayenne, two cloves, and one teaspoonful of sugar. Simmer until a smooth sauce is obtained. Place a layer of diced, boiled, salted parsnips in a shallow, buttered baking-dish, then a layer of tomato sauce, and so proceed until the dish is full, having a layer of parsnips on top; three cupfuls of parsnip are sufficient for this amount of tomato sauce. Grate two tablespoonfuls of cheese on top or cover with one-fourth cupful of bread-crumbs. Brown in a hot oven.

MEAT SAUCES AND SALAD DRESSINGS

THIN WHITE SAUCE

Two tablespoons butter, one and one-half tablespoons flour, one-quarter teaspoon salt, one-eighth teaspoon pepper, one cup hot milk. Scald the milk. Melt the butter in a saucepan. Remove from fire and mix with flour. Cook until it bubbles, then add two-thirds of the hot milk at once and the rest gradually and boil, stirring constantly, until the mixture thickens. Season and serve hot.

WHITE SAUCE

Two tablespoons butter, two tablespoons flour, one-eighth teaspoon pepper, one-half teaspoon salt, one cup hot milk. Melt the butter in a saucepan. Remove from fire and mix with flour. Cook until it bubbles, then add two-thirds of the hot milk at once and the rest gradually and boil, stirring constantly until the mixture thickens. Season and serve hot.

THICK WHITE SAUCE

(for Cutlets and Croquettes.)

Two and a half tablespoons butter, one-third cup flour, one-quarter teaspoon salt, one-eighth teaspoon pepper, one cup hot milk or white soup stock. Melt butter in hot frying pan, add flour and stir well and when it bubbles add two-thirds of the hot liquid at once and the rest gradually, stirring constantly until smooth. Season.

CREAM SAUCE

One cup hot white sauce, two yolks of eggs. Pour the white sauce, gradually over the beaten yolks and cook slowly until thick, stirring constantly, or add a little cold water to the beaten yolks and stir slowly into the gravy. Two tablespoons of wine may be added to flavor it. Serve at once, hot, over cooked green peas, asparagus, fish meat or poultry.

HOLLANDAISE SAUCE

Three tablespoons butter, two tablespoons flour, one cup hot water, one-half teaspoon salt, cayenne,

two egg yolks, one and one-half tablespoons lemon juice. Melt butter in top of double boiler, add flour, and blend well together. When well blended add hot water gradually. Cook until smooth and thickened. Add seasonings and lemon juice. Just before serving pour over the well beaten yolks of eggs. Reheat and serve.

TOMATO SAUCE

No. 1

Two tablespoons butter, one-quarter teaspoon onion juice, two tablespoons flour, one-half cup water, one cup strained tomato, one teaspoon salt, speck pepper. Heat the butter, remove from the fire, stir in the flour. Add the water, stir well, add tomato, the onion juice, salt and pepper, boil five minutes. Served hot with boiled macaroni, or with boiled or baked meat, or with baked eggs or fish.

No. 2

One-half can tomatoes or one and three-quarter cups fresh stewed tomatoes, two slices onion, eight peppercorns, one bay leaf, three cloves two tablespoons butter or other fat, two tablespoons flour, one tablespoon sugar, one-quarter teaspoon salt, Cook tomatoes 15 minutes with the onion, peppercorns, bay leaf and cloves. Strain. Heat the butter in a frying pan, add flour and two-thirds cup of the hot strained tomatoes, then the rest. Cook until thick. Season to taste. Served over hot chops, fish, macaroni, etc.

MINT SAUCE

One-quarter cup chopped mint leaves, one-half cup vinegar, one tablespoon powdered sugar, or one-half cup strained honey. Add sugar to vinegar; when dissolved pour over mint and let stand thirty minutes over slow fire to infuse If vinegar is strong dilute with water. Serve hot over hot lamb. Or boil sugar and vinegar, throw in the mint leaves and let boil up once. Set aside and serve cold with lamb.

CURRY SAUCE

Two tablespoons butter, two tablespoons flour, one-half teaspoon curry powder, one-quarter teaspoon salt, one cup hot soup stock. Melt butter, add flour, then the seasoning, then two-thirds cup and gradually the rest of the hot soup stock. Let cook until thick and smooth and serve with hot left over meat.

FRENCH SALAD DRESSING

One-half teaspoon salt, one-quarter teaspoon white pepper, one and one-half tablespoons vinegar, one-half tablespoon lemon juice, three or four tablespoons olive oil or any poultry fat, one-half teaspoon onion juice. Mix the ingredients, and stir until well blended. Serve ice cold over lettuce, tomatoes, etc., and to marinate boiled meats and vegetables.

ROQUEFORT CHEESE SALAD DRESSING..

One-quarter pound Roquefort cheese, one-quarter teaspoon paprika, three tablespoons lemon juice,

four tablespoons cream. Rub the cheese through a fine sieve, mix with the rest of the ingredients until well blended and smooth.

BOILED SALAD DRESSING

One tablespoon flour, two eggs, 2 tablespoons vinegar, two teaspoons mustard, two tablespoons cream or milk. Sugar and salt to taste. Mix flour and mustard with milk—then add the eggs, boil until thick and strain.

OIL MAYONNAISE

One teaspoon mustard, one teaspoon powdered sugar, one-quarter teaspoon salt, one-eighth teaspoon cayenne pepper, yolk of one egg, one cup olive oil, one tablespoon vinegar, one tablespoon lemon juice.

Mix the first four ingredients in a small bowl. Add the egg. Beat with Dover egg beater. Add oil gradually, at first drop by drop, and beat constantly. As mixture thickens thin with vinegar or lemon juice. Add oil and vinegar or lemon juice alternately, until all is used, beating constantly. If oil is added too rapidly, dressing will have a curdled appearance. Should be jelly-like. Keep very cold.

NOTE—If dressing should separate, take a yolk of egg and pour mixture on it very slowly and beat well.

BOILED OIL MAYONNAISE

Four whole eggs, one-half cup olive oil, two tablespoons vinegar, one tablespoon lemon juice, one teaspoon sugar, one-half teaspoon salt, one-sixteenth teaspoon cayenne pepper, one-half teaspoon dry

mustard. Mix dry ingredients, add and mix thoroughly with the eggs, well beaten, and place in double boiler over boiling water; add alternately oil, vinegar and lemon, stirring constantly. When ready to serve add one-half cup thick cream, sour preferred.

RUSSIAN SALAD DRESSING

Two tablespoons mayonnaise, two tablespoons chili sauce, two tablespoons thick cream, two teaspoons Worcestershire sauce, one pimento (cut very fine), a little salt and paprika. Mix chili sauce with the mayonnaise and all the other ingredients in rotation.

THOUSAND ISLAND DRESSING

Two tablespoons green peppers, cut fine, two tablespons pimento, cut fine, one teaspoon onion juice or pearl onions, one hard cooked egg, chopped, one teaspoon Worcestershire sauce, one tablespoon catsup, two tablespoons chili sauce, three-quarter cup whipped cream, one cup mayonnaise. Mix the first seven ingredients, add a little salt and paprika, blend thoroughly with the mayonnaise and add gently the whipped cream. Serve ice cold over any salad.

SOUR CREAM SALAD DRESSING

One cup sour cream, one-half cup tomato catsup, two tablespoons olive oil, two tablespoons vinegar, two tablespoons sugar, one teaspoon salt, Mix the oil, salt, sugar and vinegar together, then beat in the

catsup and finally add the cream, beating it in gradually. This dressing is very good for vegetables, or for fish salads.

FRUIT SALAD DRESSING

Butter, size of an egg, one-half cup granulated sugar, juice of one large orange, juice of one-half lemon, three yolks of eggs, one-half pint whipped cream. Cook in double boiler until smooth, butter, sugar, lemon and orange juice and eggs. Let cool and add to it the whipped cream. Serve with fruit salad.

FANCY BREADS

FINGER ROLLS

Scald one pint of milk, add to it while warm one tablespoon of butter, one teaspoon of sugar and one of salt. When cool add one-half of a yeast cake dissolved in one-half a cup of lukewarm water and an egg beaten light and five cups of flour or enough to make a soft dough. Beat well and let stand until light. When light and ready to shape, divide into small pieces, roll them carefully with the palms of the hand on the board into small finger rolls. Place in a greased tin, let them stand three-quarters of an hour, or until light, and bake in a quick oven.

NUT BROWN BREAD

One cup molasses, one teaspoon soda, two cups of milk, one dessert spoon salt, three cups graham flour, one cup white flour, one cup chopped nuts, one

cup raisins floured. Stir soda into the molasses, add milk, salt, flour, nuts and raisins. Put in pan and bake as any other bread.

BRAN GEMS

Butter size of an egg, one-quarter cup of sugar, three-quarter cup of milk, pinch of salt, one cup bran (Krumbled) one cup flour, one heaping teaspoon baking powder. Bake in quick oven in patty pans. Beat well before adding baking powder.

BROWN BREAD

One cup white flour, one cup Indian meal, one cup graham flour, one egg, one teaspoon salt, one teaspoon soda stirred into one cup of molasses, two cups of milk, small piece of lard, melted. Mix thoroughly and let stand about half an hour. Steam three or more hours.

GALETTE—A SWEET BREAD

One pint milk, one-half pint water, one cake Fleischman's yeast, one teaspoon salt, one tablespoon butter, one tablespoon sugar. About one quart flour to make batter. Scald milk with one-half cup of the water. Melt in this the salt, butter and sugar. Dissolve yeast in the remaining half cup of water, lukewarm. When first mixture is also lukewarm add to it the yeast then the flour. Beat well, and set in warm place to rise overnight.
Next morning add:—

One tablespoon butter melted, one tablespoon lard, melted, one large cup sugar, one pinch cinnamon,

one tablespoon carraway seeds, two eggs beaten, enough flour to knead. When kneaded, shape, place in tins and let rise till light. When baked, brush over with a little sugar and butter melted in milk to glaze.

BATH BUNS

Four cups flour, one generous cup warm milk, one-half cup sugar, one-quarter cup butter or lard, one-half teaspoon salt, one-half grated nutmeg, one-half yeast cake, two eggs, one pounded cardamon seed. Melt butter and yeast in warm milk. Beat eggs separately, add all ingredients to flour and knead well. The dough should be very soft, let it rise overnight. In the morning break into pieces about the size of a large egg, work them into cakes—place in buttered pan. Cover pan and set in warm place until double their size—about two hours. Into each bun work two or three lumps of sugar dipped in orange or lemon juice. Bake in moderate oven half an hour. Dissolve three tablespoons sugar in three of milk and when buns are done wash over with this mixture and return to oven for two minutes.

OATMEAL BREAD

One cup rolled oats, one tablespoon of butter, pour over this two cups of boiling water and let stand for an hour. Then add one-half cup of molasses, one-half tablespoon of salt, one-half yeast cake dissolved in one-half cup lukewarm water, four and a half cups of flour. Rise over night—

beat thoroughly. Put in two bread pans—let rise again and bake about three-quarters hour.

WALNUT BREAD

Two eggs, one cup sugar, one-half pound shelled walnuts, two cups of milk, three big cups of flour, three teaspoons of baking powder, one teaspoon of salt. Chop walnuts, beat eggs with sugar, add salt and milk, then flour (with the baking powder mixed in) add nuts last. Place in tin and let rise for fifteen minutes. Bake for an hour.

OATMEAL ROLLS

One and one-half cups rolled oats, one and one-half teaspoons salt, two tablespoons butter. Pour over this three cups boiling water and let stand until nearly cold, then add one yeast cake dissolved in a little warm water. Three-quarter cup molasses—eight even cups of bread flour, after sifting, stir thoroughly and rise over night. Cut it down in the morning. Don't knead at all, when doubled in bulk it is ready to bake. Take with spoon to fill roll pans.

SPIDER CAKE

Five cups sweet milk, one and three-quarter cups corn meal, one-half cup flour, two eggs, one teaspoon salt, two teaspoons baking powder, two tablespoons sugar, two tablespoons butter. Melt the butter in the baking pan. Mix the dry ingredients together—add the eggs, then add one cup of milk at a time, stirring well. Pour into baking pan and then add two

more cups of milk and bake half an hour in moderate oven. This is a delicious corn cake to be eaten hot with butter.

POTATO SCONES

One and one-half cups freshly boiled mashed potatoes, two small cups flour, two level teaspoons baking powder, one tablespoon butter, one egg well beaten, one teaspoon sugar, pinch of salt, Mix well together with sweet milk, turn on to a floured board, roll out and cut into triangles. Bake in a quick oven until a nice brown, split and butter and serve hot.

SWEET SCONES

One cup flour, one-quarter teaspoon salt, one and one-half teaspoons baking powder, two tablespoons lard and butter mixed, two tablespoons sugar, one egg, one-half cup milk. Roll out, divide into two and then divide each piece in four. Bake in quick oven.

DATE BREAD

One egg, one cup white sugar, one cup sweet milk, one-half teaspoon salt, one and one-half cups white flour, one and one-half cups graham flour, three teaspoons baking powder, one pound dates, stoned and cut up. Let it all rise forty minutes, then bake in a moderate oven forty minutes.

OAT CAKES

Six ounces oatmeal, one and one-half ounces flour two and a half ounces lard, one-half teaspoon salt, one tablespoon sugar, pinch of baking soda and

cream of tartar. Enough milk to moisten. Bake in slow oven for twenty minutes.

"HATTON" BUTTERMILK GRIDDLE SCONES

Mix one full teaspoon baking soda with a little tepid water smoothly, and add it to three gills buttermilk; while frothing stir in lightly flour to make a soft dough. (Also one pinch of salt.) Only experience will show how much flour to use. The fire must be hot enough for a sprinkle of flour to brown on the griddle. Take sufficient of the mixture in the hands and pat quickly on a floured board into round cakes about half an inch thick and six inches across. Turn them and when finished baking, they should be pale brown and floury. To be eaten cold with plenty of good butter.

BREAKFAST BUNS

(Also very nice for afternoon tea made in smaller size).

Three cups flour, two teaspoonfuls baking powder, three eggs and a little salt, one-half cup melted butter and sufficient milk to make a stiff batter. Beat the eggs and add the melted butter, milk, and salt, then the flour, in which the baking powder has been mixed. If necessary, mix in a little more milk to make the batter of the proper consistency. Fill hot buttered gem pans half full and bake to a light brown.

BOSTON BROWN BREAD

One egg, one-half cup sugar, one-half cup molasses, one cup sour milk, two teaspoons soda, one teaspoon

salt, two and three-quarter cups graham flour. Beat egg slightly, add sugar and molasses and the rest of the ingredients. Mix well and place in three one pound greased baking powder cans (tight covers), and steam one hour. Then bake in moderate oven twenty five minutes.

GRAHAM GEMS

One-half cup flour, one cup graham flour, one-quarter teaspoon salt, three and one-half teaspoons baking powder, one egg, three-quarter cup milk (about.) Sift the flour and do not use the bran left in the sifter. Sift again with the salt and baking powder; add the egg well beaten and enough milk to make a stiff batter. Bake in buttered gem pans, in hot oven fifteen minutes.

CINNAMON ROLLS

Two cups flour, three teaspoons baking powder, one-third teaspoon salt, two tablespoons butter, two-thirds cup milk, two tablespoons sugar, one-half cup stoned raisins chopped fine, or currants, two tablespoons citron, chopped fine, one-third teaspoon cinnamon. Mix first five ingredients same as baking powder biscuits. Roll to one-fourth inch thickness brush over with melted butter and sprinkle with the raisins, citron, sugar and cinnamon. Roll like a jelly roll. Cut in pieces three-fourths inch thick. Place in buttered tins endwise and bake ten minutes in a hot oven. Dried currants may be used in place of raisins.

DUTCH APPLE CAKE

Two cups flour, three teaspoons baking powder, one-half teaspoon salt, three tablespoons butter, one egg, about two-thirds cup milk, four sour apples, two tablespoons sugar, little cinnamon. Mix and sift the dry ingredients, work in shortening with tips of fingers, or cut in with knives; add milk with the well beaten egg, gradually mixing with a knife. Dough must be soft enough to spread in a shallow baking pan. Have ready, pared, cored and cut in quarters, the apples and when dough has been spread in pan, press apples into dough in parallel rows. Sprinkle the apples with the sugar and cinnamon. Bake in hot oven about one-half hour. Serve hot with a lemon sauce.

BUCKWHEAT GEMS

One cupful buck-wheat flour, one cupful whole-wheat flour, one-half teaspoonful salt, four teaspoonfuls baking-powder, one egg, one cupful milk, one tablespoonful melted shortening, one-quarter cupful molasses. Combine and sift the dry ingredients. Add the unbeaten egg, milk, molasses, and shortening melted. Beat vigorously, pour into hot gem-pans and bake in a hot oven twenty minutes.

BUCKWHEAT SPICE COOKIES

One-half cupful white sirup or one cupful sugar, one-half cupful shortening, three cupfuls buckwheat-meal, two eggs, one-quarter teaspoonful salt, one-half teaspoonful cinnamon, one-half teaspoonful clove.

Beat the eggs well, and add sirup and melted shortening. Combine with dry ingredients, mixing well. Pour on to a floured board and roll to one-eighth inch thick. Shape with a cutter first dipped in flour, and bake in a moderate oven ten to fifteen minutes.

BUCKWHEAT NUT BREAD

One egg, one cupful milk, one-half cupful molasses or one-half cupful sugar, three cupfuls buckwheat-flour, three teaspoonfuls baking-powder, one teaspoonful salt, one cupful walnuts chopped fine. Combine the molasses, flour, baking-powder, and salt Add the egg well-beaten and the milk. Beat and add the walnuts, chopped fine. Pour into a buttered bread tin, and bake in a moderate oven from three-quar ers of an hour to an hour.

EMERGENCY CORN BISCUITS

One and one-quarter cupfuls bread flour, three-quarter cupful corn-meal, two tablespoonfuls shortening, one cupful cold water, one teaspoonful salt, one teaspoonful sugar, five teaspoonfuls baking-powder. Mix and sift the dry ingredients. Mix in the shortening with two knives or the tips of the fingers. Add the cold water and mix well. Drop by spoonfuls into greased muffin pans or on a greased baking sheet one and one-half inches apart. Bake 20 minutes in a hot oven.

BUTTERMILK DOUGHNUTS

One cupful granulated sugar, one egg, one-half teaspoonful grated nut-meg, one cupful buttermilk,

about three cupfuls bread flour, one-quarter teaspoonful ground ginger, one teaspoonful soda, one teaspoonful salt, one teaspoonful cream of tartar, one teaspoonful baking-powder. Put the first three ingredients in mixing bowl, beat well; add buttermilk leaving about one tablespoonful in cup to dissolve soda. Add the other dry ingredients to the flour, and beat the mixture smooth before all the flour is added. Use just enough flour to roll and handle easily. Fry in hot deep fat.

PUDDINGS, PASTRY AND DESSERTS

CHOCOLATE BREAD PUDDING

One ounce bitter chocolate, three-quarter cup stale bread crumbs, two cups scalded milk, one-third cup sugar, one egg, one-eighth teaspoon salt, one-half teaspoon vanilla. Soak bread in one and three quarter cups milk one-half hour; melt chocolate over hot water, add sugar and the remaining one-quarter cup milk to make smooth paste. Add to bread with salt, vanilla and egg, slightly beaten. Place in well buttered pudding dish and bake one-half hour untilset. Serve with cream or creamy sauce.

SCALLOPED APPLES (Brown Betty Pudding)

Three cups apples, chopped, two cups soft bread crumbs, one-half cup sugar, one quarter teaspoon cinnamon, one-quarter teaspoon nutmeg, two tablespoons butter, one-quarter cup water. Melt the butter and add the crumbs; mix the sugar, spice and

lemon rind. Put one-fourth of the crumbs in the bottom of a buttered dish. Then one-half of the apples. Sprinkle with one-half of the sugar and spice. Then add another quarter of the crumbs, the remainder of the apples and the sugar and spice. Sprinkle the lemon juice over this and the water, and put the rest of the crumbs over the top. Cover closely, cook forty-five minutes in the oven, uncover, brown quickly. To be eaten plain or with sweetened cream.

SUET PUDDING

One cup suet, chopped fine, one cup molasses, one cup bread crumbs, one-half cup sweet or sour milk, one and one-half cup flour, one teaspoon cinnamon, one teaspoon salt, one teaspoon soda, one cup raisins, seeded currants, or any preserved fruit. Add soda to milk, and mix well with the other ingredients. Turn into well-greased pudding mould, cups, or baking powder cans. Cover closely with greased paper or the fitted covers. Tie down the covers. Put into a kettle of boiling water on a rack or trivet; the water should half cover the cups. Cover kettle and steam three hours, if in a mould or one hour if in cups. Turn out of moulds and serve on a hot dish with any desired pudding sauce.

RICE SNOW BALLS

Three cups cooked rice, one-quarter cup sugar, one-quarter pound stewed prunes. Wring small pudding cloths, one-third yard square, out of hot

water, and lay them over a one-half pint bowl. Spread the rice one-third of an inch thick over cloth Put the stewed prunes in center, draw the cloth around until prunes are covered smoothly with the rice. Tie tightly and steam ten minutes. Remove cloth carefully and turn the balls out on a platter, and serve with prunes. This amount makes six balls. They may be filled with steamed apples or any other fruit.

STEAMED CHOCOLATE PUDDING

One egg, one-half cup sugar, one-half cup milk, one square chocolate, two teaspoons melted butter, one cup flour, four teaspoons baking powder. Mix ingredients and steam one hour. Serve with vanilla sauce.

TAPIOCA CREAM

One-third cup pearl tapioca, one pint milk, yolks of two eggs, a speck of salt, whites of 2 eggs, one-half teaspoon vanilla, one-third cup sugar. Pick over the tapioca, put it in the top of a double boiler and cover with boiling water. Add the milk as soon as the water is absorbed, and cook until the tapioca is soft and clear. Beat the yolks of the eggs, add the salt and sugar and the hot milk, and cook until it thickens like soft custard. Remove from the fire, fold in the whites of the eggs beaten stiff. Flavor when cold. The whites may be mixed with two tablespoons powdered sugar, put on top of pudding, and browned in oven a few minutes.

APPLE TAPIOCA

Three-quarter cup pearl tapioca, cold water, two and one-half cups boiling water, one-half teaspoon salt, seven sour apples, one-half cup sugar. Soak tapioca one hour in cold water to cover; drain, add boiling water and salt; cook in double boiler until transparent. Core and pare apples, arrange in buttered pudding dish, fill cavities with sugar, pour over tapioca, and bake in moderate oven until apples are soft. Serve with sugar and cream. Pearl or minute tapioca requires no soaking.

BANANA CANTALOUPE

Two tablespoons Knox gelatine, one-half cup cold water, whites of two eggs, one-quarter cup powdered sugar, three-quarter cup scalded cream, two-thirds cup white sugar, four bananas, one tablespoon lemon juice, three and one-half cups whipped cream, ladies' fingers. Beat whites of two eggs slightly, add one-quarter cup of powdered sugar and gradually three-quarter cup scalded cream. Cook over hot water until it thickens and add two tablespoons of gelatine which has been soaked a little while in half cup of cold water. Add one-third cup sugar and strain into a bowl. Add mashed pulp of four bananas and one tablespoon lemon juice, stir until it begins to thicken, then fold in three-and one-half cups whipped cream. Line mould with ladies' fingers, pour in mixture and chill.

A DESSERT DISH

One-half can (small) sliced Hawaiian pineapple, one-half cup white sugar, one-half pound cut up marshmallows, one-half pint XX cream. Whip cream very stiff, add other ingredients and chill in ice box. Garnish with candied cherries. Cut up peaches are very good if pineapple is not desired.

CHOCOLATE MOULD

One-half box gelatine, one pint milk, two eggs, two squares Baker's chocolate, one cup white sugar, one teaspoon vanilla. Dissolve gelatine in half cup milk. Add remaining half cup hot. Mix yolks of eggs with melted chocolate and half the sugar, mix all together, stirring well. Set aside to cool, add beaten whites, mix thoroughly and mould.

CHARLOTTE RUSSE

One-half pint rich sweet cream, whites of four eggs, sugar and essence to taste. Whip the cream till it becomes stiff—add to it the stiffly beaten whites, add sugar and essence to taste. Line a mould with ladies' fingers—serve in the cream and keep in a cool place till wanted. When the cream whips well it needs no gelatine, if it does not add a pinch dissolved in a little milk.

PINEAPPLE MERINGUE

One cup syrup from pineapple mixed with two tablespoons corn starch, and one-half cup sugar, boil for five minutes. Add pineapple sliced fine

and mix with two well beaten eggs and one tablespoon butter. Turn into a crust and bake. When crust is done, cover with a meringue made with whites of three eggs and three tablespoons powdered sugar. Brown lightly in the oven. This is sufficient for six or seven people.

APRICOT CREAM

One-half box gelatine, one cup milk, one can apricots, one-half cup sugar, few drops cochineal, whites of four eggs well beaten. Soak gelatine in milk one-half hour, then put on the stove in a lined pot until it comes to a boil, take from fire, stir in the juice of the apricots, add the cochineal, then the well beaten whites of eggs. Pour in a shape to cool. Serve with apricots and whipped cream.

MAPLE PARFAIT

Yolks of eight eggs beaten very light, add one cup of maple syrup, then cook in double boiler until thick. Beat again until cold, then add one pint of cream whipped until solid, pour into mould, a covered one, and pack in ice and salt for four or five hours. Be sure the cover fits tightly to keep out salt. This quantity fills a three pint mould.

MAPLE MOUSSE

One cup maple syrup, three eggs, one pint cream. Heat syrup in double boiler, add the eggs well beaten and heat again—when cool add cream well whipped. Pack in salt and ice or snow.

FROZEN PUDDING

One quart cream, sugar to taste, eight macaroons, one glass whiskey, a tablespoonful rich juice, strawberry or peach. Crush the macaroons, sweeten the cream and freeze (not too stiffly) in an ice cream freezer, then in the bottom of a mould having a tightly fitted cover, place a layer of the cream, add a layer of the macaroons, then a layer of juice—sprinkle some of the whiskey over this and so on in alternate layers till the mould is filled. Put on the cover and rub butter around where the lid joins the mould to prevent salt water getting in. Put mould into freezer and cover with ice and salt. Let stand for two hours.

RICE A L'IMPERATRICE

One quart milk, three level tablespoons rice, four tablespoons sugar, one-quarter tablespoon salt, one cup cream (whipped stiff) one-half cup almonds blanched and chopped. Scald milk and add rice (well washed) sugar and salt. Cook in double boiler until rice is soft. Take from fire and when slightly cool, beat in cream and almonds. Chill and serve with pineapple sauce. Four slices pineapple cut in small pieces and cooked till clear in syrup made from juice with one cup sugar added and boiled.

STRAWBERRY SHORTCAKE

Mix together one pint flour, one and one-half teaspoons baking powder, two tablespoons sugar, one-

half teaspoon salt. Sift well, and rub in three tablespoons butter and moisten with almost one teacup milk. Bake in round shallow tin in quick oven twelve or fifteen minutes. When hot, cut through with very sharp knife and butter both sides well. Have ready mashed strawberries sweetened with sugar and spread thickly on cake. Cover the top layer also with the prepared strawberries and, if liked, cream whipped very stiff can be added.

FIG PUDDING

One cup chopped figs, one cup granulated sugar, one cup chopped suet, one cup bread crumbs (fine) two eggs—well beaten, one-half teaspoon salt. Mix all together, place in a buttered mould and steam for two hours.

PLAIN FRUIT PUDDING

One cup sour milk, one cup suet, one cup raisins, salt and nutmeg, one-half cup currants, one-half cup sugar, one teaspoonful soda, one and one-half cups flour. Steam for four hours in a mould.

BAKED INDIAN PUDDING

Stir into one pint scalded milk, two tablespoons corn meal, and cook until meal has thickened the milk—add one teaspoon each of salt and ginger, two teaspoons cinnamon, one cup molasses and one pint cold milk. Pour into a buttered earthenware dish, add two tablespoons melted butter and bake slowly two hours. Stir once or twice the first half hour of cooking.

FRENCH PANCAKES

Two eggs, two ounces sugar, two ounces butter, two ounces flour (sifted), one-half pint milk. Beat the eggs thoroughly and put in a bowl with the butter which must be beaten to a cream.

Stir in the sugar and flour and when well mixed add the milk. Keep stirring and beating the mixture for a few minutes; put on buttered plates and bake in a quick oven for twenty minutes. Serve with a cut lemon or sifted sugar or pile the pancakes in a dish with a layer of jam between each.

PANCAKES

Four ounces flour, two eggs, two ounces butter, two ounces sugar, one pint sweet milk, pinch of salt. Mix egg yolks with milk, sugar and salt, sift sugar and flour, beat very well. Last—add whites of eggs beaten stiff.

FIG PIE

Take one pound of figs, slice them and put them in a saucepan with one quart of cold water, not to boil but to swell out. After they are really soft take from the stove and sweeten to taste. Add butter the size of an egg, a little salt, then three tablespoons of flour and the juice of one large lemon. This makes two large thick pies, baked with two crusts.

ORANGE SOUFFLE IN ORANGE CASES

To the juice and pulp of five oranges, or enough to make one and one-half cups, add one tablespoon-

ful arrowroot and cook until smooth and rather thick. Remove from fire, add three beaten yolks of eggs, one-quarter cup sugar, one tablespoonful butter, two tablespoonfuls orange curaçoa or brandy, the grated yellow rind of one orange and fold in the stiffly beaten whites. Butter and dust with sugar the inside of six orange shells or baskets, fill with the mixture, bake fifteen minutes in the shells. Cover each shell with a spoonful of whipped cream and serve at once.

CHOCOLATE SOUFFLE

Two ounces of finely grated chocolate, three ounces flour, two ounces sugar, one ounce of butter, one-half pint of milk, three yolks of eggs, four whites of eggs, one-half a teaspoonful of vanilla essence, custard or other suitable sweet sauce. Place the milk and chocolate in a small stewpan and simmer gently until dissolved. Melt the butter, stir in the flour, add the chocolate mixture and boil well. Let it cool a little, add the vanilla, sugar, the yolks of eggs one at a time, give the whole a good beating, then stir in as lightly as possible the stiffly whisked whites of eggs. Turn into a well buttered mould, and steam gently from forty-five to fifty minutes. Serve with sauce.

GRAHAM PUDDING

One cupful sour milk, one cupful molasses, one egg, one tablespoonful melted butter, one teaspoonful soda (dissolved), one cupful of raisins, two cupfuls

graham flour (small); season with allspice, cloves and cinnamon, one teaspoonful salt, Steam for two hours.

TURNOVERS

One cup cranberries, one-half cup seeded raisins, chopped, one-half cup boiling water, one cup sugar, two level tablespoons of flour, one-quarter teaspoon salt. Pour boiling water over fruit and when again boiling stir in the dry ingredients. Add one teaspoon butter and let cook until thick. Cool a little and set between small rounds of flaky pastry. Press edges together, brush with milk, sprinkle with sugar and bake.

ALMOND PUDDING

One pint fresh bread crumbs, one cup thick cream, four eggs, one-half cup white sugar, one cup chopped almonds, one tablespoon vanilla. Mix ingredients in order stated above except whites of eggs which are added last. Put into well buttered mould using buttered paper tied securely over and steam one hour. Serve hot with cream.

SOUFFLE D'ORANGE FROID

Two ounces butter, two and one-half ounces castor sugar, four eggs, rind and juice of one orange, pinch of flour, one-half pint cream, whipped firm, two sheets of gelatine (French). Mix butter, sugar, yolks of eggs, flour and the rind and juice of the orange in a pan, over the fire till it is like cream (do not boil). Melt gelatine and add to mixture. When

cold add cream and whites of eggs whipped. Fill soufflé dish one and one-half inches above top. Leave on ice until served.

SWISS CREAM

Grate the rind of two lemons in one pint of cream, add six ounces white sugar and boil for ten minutes. Do not strain. Pour boiling water over the juice of the lemons into which a dessertspoonful of flour has been mixed—stir until cool. Line a dish with macaroons and pour in mixture. Do not use until the following day. This can be served in glasses—two macaroons in each glass, half fill glass with the mixture, and the following day fill to the top with wine jelly—wait until jelly begins to thicken before putting in the glasses.

CREME AUX FRUITS

One tablespoon gelatine, one-quarter cup scalded milk, whites of two eggs, one-third cup milk, one-third cup chopped figs, one-quarter cup cold water, one-half cup sugar, one-half oint thick cream, one-third cup cooked prunes cut in pieces. Soak gelatine in cold water and dissolve in scalded milk, add sugar —strain into bowl, set in ice water. Stir constantly and when it begins to thicken add whites of eggs well beaten, and the cream and milk whipped, also prunes and figs and mould.

SCALLOPED APPLES

Eight large tart apples, four tablespoonfuls butter, two tablespoonfuls flour, two tablespoonfuls brown

sugar. Butter a deep pudding-dish and fill it heaping full of alternate layers of sliced tart apples with the lightest sprinkling of flour and sugar and dots of butter between each layer. Cover this dish, bake one hour in a hot oven. Remove cover and let this cook down and brown for another hour.

APPLE INDIAN PUDDING

One cupful corn-meal, one cupful molasses, one quart milk, three cupfuls boiling water, one-half teaspoonful salt, one teaspoonful ginger, three apples, one-half cupful cold water, one tablespoonful shortening. Pare and core the apples, then slice them thin. Mix the meal with the cold water; then add the boiling water, cook five minutes, add the molasses, shortening salt, ginger, and three cupfuls of the milk, stir in the apple, and pour into a buttered baking-dish. Bake very slowly four hours, adding the rest of the milk after the first hour, stirring slightly. If too thick, add more milk. Serve hot or cold with or without cream. Sweet apples are preferable.

FRUIT DUMPLINGS

Dried fruits must be washed and soaked before they can be cooked satisfactorily, and slow simmering is a point to be remembered and heeded in their preparation. The dried fruits are especially well adapted to use in fruit dumplings. Soak the fruit, drain, saving the juice to be used as sauce for the dumplings. These fruit dumplings may be made in various ways. In all cases, use a rich baking-powder

biscuit dough for the foundation. Roll the dough to one-quarter inch thickness, then cut in circles and place some of the chopped fruit in the center of each, add sugar and spice, and bring the edges together with a little twist. Or, when the dough is rolled out, spread with the chopped fruit, sugar, and spice, and roll up like a jelly-roll. Then cut the pieces off, making each about an inch and a half thick. These may be baked just as biscuits would be baked in a hot oven for about twenty minutes and served with a fruit sauce made from the fruit juice Or they may be placed in a baking-dish, sprinkled generously with sugar, dotted over with margarin and the fruit juice added, then baked in a hot oven for about twenty minutes. There will be plenty of sauce in the dish to serve with the dumplings.

PRUNE OR DATE WHIP

One-third pound prunes, one-half cup sugar, whites of five eggs, one-half teaspoon lemon juice. Pick over and wash prunes or dates and soak in cold water. Cook in same water until soft; then remove stones and rub through strainer. Add sugar and cook five minutes or until the consistency of marmalade. Beat whites until stiff and add when cold, fruit mixture gradually, and lemon juice. Heap lightly in buttered dish, and bake twenty minutes in a slow oven. Serve cold with thin custard or cream.

LEMON PIE

One-quarter cup flour or cornstarch, one cup sugar, one cup boiling water, two eggs, one tablespoon

butter, juice and rind of a lemon. Mix sugar and flour, add the boiling water slowly and boil until clear, stir frequently. Add butter, the yolks of eggs beaten lightly and lemon. When the mixture is cool, place on a baked crust, plain pastry. The whites of eggs may be beaten stiff and stirred with the custard when taken from the stove, or it may be mixed with four tablespoons powdered sugar, spread on top and baked a delicate brown.

PLAIN PASTRY OR PIE DOUGH

One and one-quarter cups flour (pastry), one-quarter teaspoon baking powder, one-quarter teaspoon salt, one-third to one-half cup shortening, (butter or other fat), one-third to one-half cup cold water. Use butter, beef drippings, lard or any other desired fat, alone or mixed. Sift flour, salt and baking powder into a chopping bowl. Flour the blade of a chopping knife or a small empty baking powder can and chop the shortening into the flour until the mixture looks like meal; or rub the shortening into the flour with the tips of the fingers. Use knife to mix the dough, adding the cold water gradually and use only enough water to make a paste that is not crumbly, but sticks together without adhering to the knife or bowl. Take up all the particles of dough or flour on the sides of the bowl and with aid of knife turn on to a board lightly dredged with flour, pat with rolling pin and roll out. Use no more flour than is absolutely necessary. Roll in two circular pieces one-eighth inch thick: have one a little larger

than the other and place it on the pie tin or plate loosely without stretching. Brush over top of this dough with white of egg, slightly beaten, or sprinkle with a tablespoon of bread crumbs to prevent the dough from becoming soggy. Put in the filling, brush oevr the edge of the pastry with cold water, and lay the second round of paste loosely over the filling; press the edges together lightly, and trim if needed. Cut several slits in the top crust, or prick it with a fork before putting it in place. Bake in a slow oven from thirty-five to forty-five minutes. Brown well.

SHORT OR FLAKY PASTRY

One heaping cup flour, one-quarter teaspoon salt, one-quarter cup lard, one-quarter cup butter, ice water. Have all the material ice cold. Chop the shortening in the flour till the size of peas and beans. Toss lightly with a knife, adding enough ice water to about half wet the flour. Turn out on a smooth, cold board. Gather with the knife into a square pile. Then pound lightly with rolling pin till well flattened. Roll in an oblong piece one-half inch thick; fold in thirds and roll again; repeat, and after the third rolling it will usually be sufficiently compact to roll thin enough to line a plate. This paste improves by standing half an hour or more on the ice. Sufficient for one pie.

CUSTARD PIE

One and one-half cups scalded milk, two eggs, speck salt, three tablespoons sugar, a little nutmeg. Line a deep pie plate with pastry, pinch down the

edges, and fill in the custard made as follows. Scald the milk and add to it the beaten eggs and sugar, and seasoning. Bake in a quick oven at first, then decrease the heat or it will curdle.

PLUM PUDDING (Without Eggs) (Excellent)

One pound of suet, one pound raisins, one pound currants, one pound flour, one pound bread crumbs, one pound sugar, one-half pound mixed peel, two nutmegs, one teaspoon cinnamon, one teaspoon salt, one quart milk, two almonds, two lemons (rind and juice) one teaspoon ginger, one and one-half teaspoons mixed spice. Boil eight hours. Sufficient for four puddings.

PLUM PUDDING

Two pounds raisins (stoned), two pounds currants, one and one-half pounds sultanas, one pound mixed peel (chopped fine) two pounds brown sugar, two pounds bread crumbs, two pounds chopped suet, one and one-half lemons, grated rind and juice, four ounces chopped almonds, two nutmegs, grated, one-half large teaspoon mixed spice, one-quarter teaspoon crushed clove, pinch of salt, six eggs whisked, one-quarter pint brandy (generous). Mix all together thoroughly in large pan. Boil for twelve hours at least—twenty-four hours not too much—on first day and two hours the day of serving. This is the secret for making it black and light. This makes about one two quart and five one quart puddings. This

same recipe makes excellent plum cake, black and rich, substituting flour for crumbs and lard for suet.

PUMPKIN PIE

Cut pumpkin or hubbard squash in large pieces, place on pan with the skin side down. (Take out the seeds). Bake until you can shape out the edible part with a spoon and mash through colander.

To one quart of strained pumpkin add one-quarter pound of butter while hot. When cold sweeten to taste, add one pint of milk or cream. If cream, three eggs are enough, if milk, four eggs, beaten separately. Stir into the yolks two tablespoons of ginger, one of nutmeg. Add the whites beaten light and stir in just enough to mix well. They should be quite sweet and enough salt to give them flavor. Lastly, two good tablespoons of brandy. You want but one crust. This makes two pies.

BANANA CUSTARD

One and one-quarter cupfuls milk, one egg, one tablespoonful corn flour, one-quarter cupful honey, two ripe bananas, one-eighth teaspoonful salt, one-half teaspoonful vanilla. Heat one cupful of the milk and add the flour moistened in the rest of the milk. Cook till slightly thickened. Add the honey, the salt, the vanilla, the egg well beaten, and the bananas cut in small pieces.

BAKED DRIED PEACHES

One pound dried peaches, one-quarter cupful sirup or honey, one-quarter teaspoonful cinnamon, one

tablespoonful margarin, two cupfuls cold water. Soak the peaches overnight. Place in a deep dish, sprinkle with the cinnamon, and pour over them the sirup or honey. Cover with the cold water. Bake until nearly tender, add the margarin, and complete the baking.

PRUNE AND BANANA DESSERT

One cupful chopped, cooked prunes, one cupful chopped walnut meats, four tablespoonfuls rice flour, one cupful corn-sirup, one teaspoonful baking-powder, two eggs. Mix together the eggs well beaten and the sirup. Sift together the flour and baking-powder, mix them with the nuts and prunes, and add to the first mixture. Bake in well-greased and floured gem-pans one-half hour and serve cold with banana custard.

CAKES AND COOKIES

GOOD PLAIN CAKE

Three eggs, one cup milk, one and a half cups sugar, one-quarter cup butter, two and a half cups flour, one tablespoonful baking powder, pinch of salt. A small grating of lemon or any flavouring desired. Cream the butter, sugar and yolks of eggs well. By degrees add milk and flour alternately, adding salt and baking powder the last thing before beating in the well whisked whites of eggs. Bake in a moderate oven until the straw comes out free from batter.

If desired for a layer cake, bake in shallow pans. If for a thick cake, a small pan is best, as it can then

be cut in squares. If currants or carraway seeds be used, add a little more butter and put the fruit in last. Bananas mashed with lemon juice and sugar makes a good filling, with lemon icing or whipped cream on the top.

GINGERBREAD

One scant cup of melted butter, one cup molasses, one-half cup of sour milk, two cups of flour, one and three-quarter teaspoonfuls soda, one large teaspoonful of ginger, one-half teaspoonful cinnamon. Put the butter in a saucepan on the stove and when melted add molasses and let come to the boil. Take off the stove and put in a bowl, add soda, ginger and cinnamon, then milk and flour alternately, and last of all one egg well beaten; bake in a moderate oven half an hour.

SOUR CREAM SPICE CAKE

One egg, one cup sugar, one-half cup butter, one cup sour cream, one teaspoonful each of soda, cinnamon, clove and nutmeg, one cup chopped raisins, two cups flour, pinch of salt. Beat egg and add to butter and sugar creamed together. Add other ingredients and mix all together and put in buttered tin and bake in moderate oven.

MOCHA CAKE

One-third cup butter and one cup sugar creamed together, two well beaten eggs, one-half cup milk, one and a half cups flour, 2 teaspoons baking powder, one teaspoon vanilla. Bake in two layer tins.

FILLING

One and one half tablespoons butter, one and one half cups powdered sugar, one tablespoon coffee boiled in the smallest quantity of water, add just sufficient of this to make icing of consistency for spreading on cake.

DEVIL'S FOOD CAKE

Two dozen chocolate (milk) or half pound unsweetened chocolate, four eggs beaten separately, one-half cup milk, one teaspoon vanilla, one-half cup butter, one and one half cup sugar, one and three-quarter cups flour. Heaping teaspoon baking powder. Cream butter and sugar—add melted chocolates, yolks of eggs, three-quarter cup flour, milk, balance flour with baking powder, vanilla, whites of eggs and beat well.

FILLING

One and one-half cups sugar, one tablespoon butter, one-half cup milk, one and a half ounce chocolate. Let boil till forms soft ball when dropped in cold water, then beat till thick and cool.

OLD-FASHIONED CAKE

One cupful sugar, one cupful butter, one cupful molasses, one cupful jelly or strawberry jam, one cupful buttermilk or milk. One-half cup strong coffee, two eggs, one grated nutmeg, two teaspoons cinnamon, 1 teaspoon cloves, two teaspoons saleratus (dissolved in half cup boiling water), two pounds raisins, 1 pound

currants, one pound candied peel. Six cups flour (measured before sifting). This quantity makes three large loaves. Half the recipe can be used.

CUP CAKE

One teaspoon of vanilla, two cups sugar, one cup butter, three cups of sifted flour, one cup milk, two teaspoons of baking powder, three eggs. Cream butter and sugar, add beaten yolks, add milk and flour and baking powder gradually, and stiffly beaten whites of eggs. Bake about 40 minutes in a moderate oven.

APPLE SAUCE CAKE

One-half cup butter, one cup sugar, one egg, one cup dates (sliced fine), one and one-half cups apple sauce, one cup nuts chopped coarse, one cup raisins, chopped, one-half teaspoon cinnamon, one-quarter teaspoon cloves, one teaspoon vanilla, two cups flour, two teaspoons soda. Cream butter and sugar, add egg, well beaten and the vanilla and add the rest of the ingredients mixed. Turn into a well buttered and floured bread pan and bake slowly in moderate oven one hour.

SPONGE CAKE (WITH WATER)

Yolks of two eggs, one cup sugar (scant), three-eighths cup hot milk or water, one-quarter teaspoon lemon juice, whites of two eggs, one cup flour, one and one-half teaspoons baking powder, one-quarter teaspoon salt. Beat yolks until thick and lemon colored, add half the sugar gradually and beat; add

milk, remaining sugar, lemon, whites of eggs beaten stiff and flour mixed sifted with baking powder and salt. Bake 35 minutes in a moderate oven.

SUGAR COOKIES

One-half cup butter, one cup sugar, one egg, one-quarter cup milk, two teaspoons baking powder, one-quarter teaspoon vanilla or any other flavour, two cups flour (about). Cream the butter and sugar. Beat the eggs and add to the milk. Sift flour and mix baking powder with one cup, then add the rest of the flour, and gradually add more if needed to make a dough stiff enough to handle. Place in ice chest to harden. Roll on floured board one-fourth inch thick. Shape with biscuit cutter, Sprinkle with sugar, cinnamon and chopped nuts, if desired. Bake in a quick oven 8 to 10 minutes.

GINGER SNAPS

One-quarter cup butter, one-quarter cup sugar, one-quarter cup molasses, one egg, one-quarter tablespoon ginger, one-quarter teaspoon soda, one and one-half cups flour. Cream the butter in a warm bowl, gradually beat in the sugar and molasses, then add the ginger, soda and flour and, if needed, more flour to knead. Roll very thin on a floured board, cut with a cake cutter and bake in a quick oven.

SOFT MOLASSES COOKIES

Three-quarter cup butter, one cup sugar, one egg, one cup molasses, three-quarter cup hot water, four cups flour, one teaspoon cinnamon, one-quarter

teaspoon ginger, one teaspoon soda. Cream butter, add sugar, well beaten egg, molasses and hot water, then the mixed and sifted dry ingredients. Drop from spoon in warm buttered pan; bake quickly.

BROWNIES

Two ounces (squares) chocolate, one-half cup butter, melted, one cup sugar, two eggs, separated, one-quarter teaspoon salt, one-half teaspoon vanilla, one-half cup flour, one-half cup chopped nut meats. Melt the chocolate, add sugar and the melted butter, add the yolks to the beaten whites of eggs and stir into the chocolate mixture, adding the salt, flour and vanilla and the nuts. Spread in well greased pan; place in a moderately hot oven, gradually decrease the heat. Cut into squares or strips as soon as removed from oven.

SCOTCHIES

Two cupfuls oat flour, two tablespoonfuls shortening, one-quarter teaspoonful soda, one-quarter cupful molasses, one-quarter cupful sweet milk, one teaspoonful salt. Rolled oats put through a home mill or food-chopper may be used in place of the oat flour. Mix all the dry ingredients together, add the shortening melted, molasses, and milk. Roll thin, cut in strips, and bake twenty minutes in a moderate oven. Have ready maple, brown, or powdered sugar melted with a little water, and ice each one very lightly as it comes from the oven.

POTATO FLOUR SPONGE CAKE

Four eggs, one cupful sugar, one-half cupful potato flour, one teaspoonful vanilla, one-quarter teaspoonful salt, three-quarter teaspoonful baking-powder. Beat the yolks of the eggs till light, add the sugar gradually, and continue the beating until very creamy. Sift together the flour, baking-powder, and salt, and stir into the first mixture. Fold in the stiffly beaten egg-whites, and the vanilla. Bake in a sheet pan in a slow oven for about thirty minutes.

CANDY

TURKISH DELIGHT

Two pounds granulated sugar, fourteen sheets gelatine, two cups boiling water, one tablespoon orange flower water, one tablespoon orange essence, juice of one lemon strained. Pour boiling water over gelatine in saucepan, stir until all is melted, add other ingredients—any fruit flavouring may be used, but always the lemon juice—stir all the time and boil between five and ten miuutes. Pour into shallow granite pans that have been chilled with cold water. Let it stand overnight. In the morning place each pan as required on a hot cloth for a moment. Turn out, cut in squares and roll in pulverised sugar having a pinch of corn starch mixed with it. Place on waxed paper for twenty-four hours to dry

CANDIED GRAPE FRUIT PEEL

Remove the peel in quarters, then cut in strips a quarter of an inch thick. Cover with water, adding one-quarter cup salt to two quarts of water. Let it stand twenty-four hours.

Drain, rinse in cold water, and boil in fresh water, Drain and renew the water, and boil from four to five hours, or until peel is tender.

Make a syrup of four pounds sugar to one pint of the water in which the peel has been boiled—boil to a syrup, add the peel and simmer until most of the syrup has been absorbed. Set aside to cool for a time. Reheat a little and remove peel with a silver fork to a plate of fruit sugar, roll and set each piece on a platter to dry. This will take twenty-four hours.

COCOANUT CANDY

One cup brown sugar, one-half cup milk. A lump of butter and a few drops of vanilla. After the candy has boiled till brittle when tried in cold water, then stir in grated cocoanut. Cut in squares when half cool.

FUDGE

Two cups sugar, maple, brown or white, one cup milk or cream, one tablespoon butter, one-half teaspoon vanilla, if desired, two tablespoons cocoa or three-quarter square of chocolate. Stir the mixture all the time. Boil until soft ball in water or until you can stir it to a cream on a buttered plate. After removing from fire, cool and beat until grain changes.

Put on plate and cut in squares. Put in nuts if desired. Place in buttered pan, cool and cut in squares.

Double the quantity of cocoa or chocolate if you desire.

SEA FOAM

Two cups sugar, one-half cup corn syrup, one-half cup water, one cup walnut meats, two egg whites, one teaspoon vanilla. Boil sugar, corn syrup and water until mixture forms a soft ball when dropped into cold water. Pour slowly into beaten egg whites, beating constantly with a Dover egg beater. When it begins to stiffen, add vanilla and nuts, broken in rather large chunks, and drop by the spoonful on oiled paper.

BUTTER SCOTCH

Two cups brown sugar, one-half cup butter, one-half cup water. Put in saucepan over fire, boil until a drop poured in cold water forms a hard ball. Stir to prevent burning. Pour into buttered tins one-quarter inch thick, and when cool mark in squares.

GLACED NUTS OR FRUITS

Two cups sugar, one cup boiling water, one-eighth teaspoon cream of tartar. Put ingredients in a smooth sauce pan, stir until sugar is dissolved. Place over fire, see that the flame, does not reach the sides of the pan. Heat to the boiling point, and let boil well, without stirring, until the syrup assumes a light color or just begins to discolor. Remove sauce pan from hot fire or place in large pan of cold water, to instantly stop boiling; then quickly place in pan

of hot water, to keep syrup from hardening. Now quickly dip fruits and nuts, a few at a time, in the hot syrup and remove them with fork or wire spoon to oiled paper.

Glaced fruits keep but a day and should only be attempted in cold, clear weather. Oranges and, tangerines are separated into sections and allowed to dry a few hours or over night before dipping. Dip fruits first and then nuts, and do them quickly.

SALTED ALMONDS OR PECANS

One-half pound almonds or pecans, one tablespoon butter, salt. Cover one-half pound almonds with boiling water, let stand five minutes or until skins slip off easily. Remove the skins, place the nuts in a shallow pan in a hot oven. Let them become a delicate brown, stirring frequently so that all will brown evenly. When brown, add one tablespoon butter and plenty of salt, stirring the nuts thoroughly. Bake two minutes longer.

SALTED PEANUTS

Remove skins from peanuts and proceed same as for almonds.

PICKLES AND MARMALADE

TOMATO MUSTARD

Cut tomatoes in slices, boil and strain, then to one gallon of juice add:—

One quart vinegar, one pound brown sugar, one-half pound salt, one ounce whole black peppers. one

ounce allspice, one-half ounce whole cloves, two or three red peppers, one-half ounce ground ginger, one-half pound mustard. Tie red peppers and the whole spices in a muslin bag and let the mixture boil until it thickens. Add the sugar, ginger and mustard about half an hour before taking the mixture from the stove as it will then be in less danger of burning. This is an excellent sauce for using with lamb chops or for sandwiches.

CHILI SAUCE

Nine large or twelve medium sized tomatoes, two large red onions, three red peppers, one and one-half cups malt vinegar, one cup sugar, one-half cup salt.

Peel tomatoes, cut in small pieces, slice onions and peppers very thin, removing most of the seeds from the latter, add salt, sugar and vinegar and boil gently for four or five hours. Put in jars or bottles. When quite cold cover with melted wax, screw on tops or cork. If bottles are used, dip the corked bottles in wax before putting away.

PICCALILLI

One peck of green tomatoes; (if the flavour of onions is desired, take eight, but it is very nice without any), four green peppers; slice all, and put in layers, sprinkle on one cup of salt, and let them remain over night; in the morning press dry through a sieve, put it in a porcelain kettle and cover with vinegar; add one cup of sugar, a tablespoon of each kind of spice; put into a muslin bag; stew slowly

about an hour, or until the tomatoes are as soft as you desire.

SWEET PICKLED RIPE CUCUMBER

One dozen ripe cucumbers, three pounds sugar, one quart vinegar, two tablespoons mustard seeds, one tablespoon each cloves, heads removed, stick cinnamon. Peel cucumbers, cut in two lengthwise, scrape out seeds with a silver spoon, salt and let stand over night. Drain and dry cucumbers. Make a syrup of the sugar and vinegar. Add the mustard seed and also the whole cinnamon and cloves tied in a bag. Boil cucumbers in this syrup only a few moments until they are glassy. They must remain crisp. Pack in jars and cover air-tight.

CHOW-CHOW

One quart very small cucumbers, one quart large cucumbers cut in small pieces, one quart green tomatoes, sliced or celery, one quart onions, sliced, one quart small onions, one quart cauliflower, four green peppers(seeds removed), cut fine, one cup salt to four quarts water, six tablespoons mustard, one teaspoon powdered tumeric, one cup flour, one and one-half cups sugar, three pints vinegar. Mix the first seven ingredients, cover with the salt water and let stand twenty-four hours. Heat the brine slowly until vegetables are thoroughly scalded and then drain. Mix the flour, sugar, mustard and tumeric to a smooth paste with one pint of the vinegar, pour gradually on the remaining quart of vinegar, heated in double boiler.

Cook until thick (do not boil) then add to vegetables. When cool, bottle.

PICKLED BEANS

One peck butter beans cut in inch pieces, boil half an hour and drain. While beans are cooking make sauce with:—three pints white vinegar, three pounds sugar, one cup flour, one cup mustard, two tablespoons salt. Boil five minutes and add two tablespoons tumeric powder blended with a little vinegar, boil five minutes longer. Add beans to sauce and bottle.

GRAPEFRUIT MARMALADE

Slice fruit small and thin, take out all seeds and save; to each pound of fruit add two pints of cold water and let stand until next day, then put on and boil for about three-quarters of an hour –(hard boil) then set off stove until next day, weigh and to each pound of fruit and juice add one pound three ounces white sugar, boil until thick and clear, about fifty minutes, but try on a saucer. When you take the seeds out of a grapefruit put them to soak in cold water and next day pour water off seeds into marmalade. You will find a lot of gelatine on seeds which helps to thicken the marmalade.

GRAPE JELLY

Wash and pick from stem and put in the preserving pot. Wash them and let boil twelve minutes. Then strain through cheesecloth. Measure the juice and put on fire and boil six minutes. Remove from fire and stir in the sugar which has been already measured

—a pound of sugar to every pint of juice, and already thoroughly heated. Pour into glasses, fill them very full, and place in the sun, when possible, if not, set in warm kitchen for a day or two. Do not seal for a few days.

Currant jelly is made the same way but requires less time in boiling. The currants only require six minutes to boil before straining. After straining through the cheesecloth and returning to stove, boil four minutes. Then follow the directions for grape jelly.

GRAPEFRUIT MARMALADE OR JELLY

Wash three Grape fruit, and two lemons. Weigh and allow three pints of cold water to one pound fruit. Peel fruit, and put peeling through the mincer. Cut the peeled fruit in thin slices, take out seeds and put in a bowl with a little water. Soak all for twenty-four hours, then boil hard for two or three hours or until about half boiled down. Then strain and add one and one-half pounds of sugar to one pint liquid. Heat the sugar well before putting it in. Boil half an hour or until it jells, try in saucer before taking up; a great deal depends on boiling down before straining.

MARMALADE

Three bitter oranges, one sweet orange, one lemon. Slice as thin as possible and to every pint of fruit add two quarts water. Let it stand for thirty-six hours, then boil for three hours. To every pint of fruit add one and one-half pints of sugar, boil till it jellies, (about thirty-five minutes).

Pour into jars and let stand until next day.

MINCEMEAT

Two and a half pounds cooked lean beef, one pound beef suet, five pounds apples. Mix these together thoroughly. Add two pounds raisins, one pound sultana raisins, two pounds currants, three-quarter pound citron, two and a half pounds brown sugar, two tablespoons cinnamon, one tablespoon allspice, one tablespoon cloves, one tablespoon mace, one heaping tablespoon salt, one nutmeg. Mix altogether and soak for one hour slowly, when cold add one quart of sherry, one pint brandy, four cups meat liquor, the juice and grated rind of two lemons and of two oranges. This makes two and a half gallons and will keep in a stone crock in a cool place all winter.

MINCEMEAT

Four pounds of raisins stoned, four and a half pounds of currants washed and dried, five and a half apples prepared, two pounds suet, three pounds brown sugar, six lemons rind and juice, one pound mixed candied peel, one pint sherry, one half pint brandy, one teaspoonful salt, two teaspoonfuls allspice, one teaspoonful cloves, six nutmegs, Mace and cinnamon.

MINCEMEAT

Chop one pound beef suet very fine, two pounds minced apples (pared and cored), one pound stoned raisins (minced), one pound currants, one half ounce powdered mixed spice, one pound sugar, one teaspoon salt, juice of half a lemon, three ounces candied

orange peel, cut very small, one ounce citron, cut very small, one ounce lemon, cut very small. Mix all well together with half pint of brandy, tie closely in jar and keep for use.

SANDWICHES

SAVORY SANDWICH FILLING

One-half cupful almonds, one tablespoonful cooking oil, salt, paprika, two tablespoonfuls chopped pickles, one tablespoonful chopped chutney, one large cream cheese. Blanch the almonds and brown them in the oil placed in a skillet. Chop fine. Season well with salt and paprika and add the pickles and chutney. Spread either bread or crackers with cream cheese softened and sprinkle with the almond mixture. This is sufficient filling to make up one small loaf of bread in sandwiches, if the slices are cut thin.

SQUIRREL SANDWICHES

Mix together one-half cupful of ground nutmeats (use walnuts, peanuts, or pecans), and one-half cupful of raw carrots scraped and ground. Add one-half teaspoonful of salt, one and one-half tablespoonfuls of salad oil, and one teaspoonful of lemon juice. Mix thoroughly and spread between slices of buttered bread.

PRESSED EGGS

Chop fine six hard-cooked eggs, one green onion, and one-half a green pepper. Mix together with

one-half teaspoonful of salt and one tablespoonful of prepared mustard. Place half of the mixture in a small, greased loaf pan, press down, then add a layer of ham, using one and one-half cupfuls, chopped. Finish with the rest of the egg mixture. Pour on two tablespoonfuls of stock to help bind it together, and press down well. Keep in the refrigerator until moulded well enough to slice. Serve in place of cold meat or use as a sandwich filling.

DELICIOUS SANDWICH FILLING

Cream two small cream cheeses until smooth, and add gradually two tablespoonfuls of butter or margarin and one-fourth cupful of orange juice. When well blended together, add one-half cupful of chopped pimentos, one cupful of chopped walnut-meats, and one-half teaspoonful of salt. Mix well and spread between slices of buttered Graham or oatmeal bread. This amount will spread about twenty large sandwiches.

WELSH RAREBIT AND ONION SANDWICHES

Make Welsh Rarebit according to any preferred method and let the mixture cool. When making the sandwiches, spread one slice of bread with the cheese mixture and the other with butter. Sprinkle the buttered slice with finely sliced or shredded Spanish or Bermuda onions. The amount of onion used may be varied according to one's liking for them. Then put the two slices together. The same idea may be used when serving the rarebit hot. Place the onion

on the toast and then cover with the hot cheese mixture.

A TASTY NEW SANDWICH FILLING

Add two tablespoonfuls of cold water gradually to three tablesponfuls of peanut butter to make it the desired consistency for spreading. Beat until very creamy and add two tablespoonfuls of tomato catchup Mix thoroughly and spread between very thin slices of bread. No butter is needed. This amount of filling makes only a few sandwiches.

BROOKFIELD CHEESE SANDWICHES

Mix together one cupful of sour cream, three eggs, one tablespoonful of butter, one tablespoonful of sugar, a few grains of cayenne pepper, one teaspoonful of mustard, and one teaspoonful of salt, putting them in a double-boiler top. Beat with a fork till the eggs are broken up, but not frothy. Set over boiling water and stir until it begins to thicken. Add three tablespoonfuls of vinegar, scalded, to the cream mixture. When this coats the spoon thickly, it is done. Set aside to cool. Put through a food-chopper one and one-half pounds of American cheese, two green peppers, and two sweet red peppers. Mix together and add enough of the cream dressing to make the mixture spread easily. Spread between thin slices of unbuttered bread. This recipe makes a large quantity. The filling part of the recipe can easily be divided and the dressing is excellent with potato or other vegetable salads.

HOUSEHOLD ECONOMIES

A SLEEVE BOARD COVER

I have always had trouble in keeping my sleeve board covered smoothly. At last I conceived the idea of drawing a discarded white stocking on the board over the padding. It fitted snugly without a single tack and did not become loosened as it was used. The stocking will "give" to fit either side of the board and is very easily drawn on or off.

REMOVING A STAIN WITHOUT LAUNDERING

Finding stains from fruit punch on a luncheon cloth which was otherwise spotless, I saved the wear and tear and large expense of laundering by this simple method: Leaving the cloth on the table, I inserted shallow dishes between asbestos and cloth at the stained places, and slowly poured boiling water over the stains until they were effaced. Then, when dry enough, I withdrew the dishes, substituted a small, padded board, and pressed the cloth into its original glossiness—an experiment so satisfactory that I wish to pass it along.

A KITCHEN SEWING BASKET

I have what I call my kitchen sewing basket, only it is a drawer in which I keep a pair of long-blade shears, a large darning needle, a ball of fine twine, an aluminum thimble, and a spool of No. 30 white thread. With the shears I shred lettuce into ribbons either for salad or garnish. The needle, twine, and

thimble are handy when a stuffed bird is to be sewed up. And when I am preparing butter squares for table use, I take my No. 30 thread, wet a piece of it, and dice my butter with beautiful evenness.

CELLULOID ARTICLES REPAIRED AT HOME

The ordinary handy man (or woman) may, with little expense, repair the broken French ivory comb or the baby's crushed rattle—in fact anything that is made of celluloid. Acetone, which may be purchased at any drug store, will dissolve celluloid. For this reason it may be used for cementing together broken edges of celluloid. The article to be repaired must be thoroughly dry. The broken surfaces should be held together with a little pressure while the acetone is being applied and until it has evaporated. A little of the acetone allowed to run into the crack between two broken edges of celluloid dissolves the surface layers and, upon the rapid evaporation of the acetone from the solution, leaves a firmly cemented joint. The rapid evaporation of the acetone is one of the things which requires especial attention in handling it. A tightly corked bottle should be used for a container. A small camel's-hair brush extending from the cork down into the liquid provides an efficient means of application to the broken surfaces. In repairing large, flat surfaces or heavy objects, a cement made by dissolving a small amount of celluloid in acetone is preferable to the acetone used alone. It may be applied

in the same manner mentioned above.

It was found successful in repairing both thin celluloid toys and a heavy French ivory clothes-brush of hair-brush shape, the handle of which had been broken off short. Even this severe test was satisfactory.

TO SEW ON LACE

In sewing hand-made lace on an undergarment, if you will sew the lace on a piece of narrow tape first, then sew the tape on the garment, the tape with the lace on it can be ripped off much more easily when the garment is worn out, for hand-made lace will outwear two suits of underwear.

TEST MATERIAL BEFORE SEWING

When sewing for my three babies, I always shrink the material at least twice before making. Before I did this, I could never be sure that the garment would fit properly after washing, as some materials shrank so much more than others. Also, before making up garments using a combination of materials, such as white and colored goods, I sew samples of the two together and wash thoroughly in soap and hot water to discover whether or not the color will run into the white, thereby preventing the ruin of garments after one washing.

TO IDENTIFY CROCHET THREAD

In crocheting, as soon as the number of the ball drops off, I write the number with a lead pencil on the inside pasteboard on which the thread is wound. If any is left, I can be certain as to its matching

another piece, because I always know by the number, I adopted this method after seeing a friend hunting over a box of partially used balls for what she needed.

SHAMPOOING

The proper way to shampoo the head is to choose good soap, such as pure Castile or a good tar soap or if the hair is very oily, a white soap or tincture of green soap is good. You may also use a shampoo liquid, which can be made by melting a cake of white Castile soap in a quart of boiling water and adding one-fourth of a teaspoonful of bicarbonate of soda. This makes a simple and mild shampoo liquid which should be put into a wide mouthed bottle or a jar, as if it is not used when made, it will form a jelly difficult to extract from an ordinary bottle.

First wet the hair thoroughly with hot water, then rub the soap or jelly over the hair, being sure to reach the scalp. Gather the long hair up so it can be lathered also, rub the scalp well, and wash the long hair between the hands as you would a handkerchief. Rinse the soap off. Empty the bowl and fill again with warm water. Repeat the soaping, rubbing, and rinsing, and when the head has been thoroughly shampooed, wash out the lather with a copious supply of warm water. It will require several waters to get the soap all out; the last water should be cold, but not so cold as to cause a shock. Then dry both hair and scalp with a good bath towel (in winter you should have the towel warm), and when the hair is partly dry, massage the scalp thoroughly with the fingers of both hands.

DUSTING FURNITURE

Pour into a glass jar two tablespoonfuls of any one of the furniture polishes that you like best to use, but pour it immediately out again. In the empty jar place a square of velveteen or chamois or even Italian silk, although the two former give better results. Cheese-cloth does not absorb quite so uniformly. Leave the cloth in the empty jar for a day or two before you attempt to use it. It is surprising how the oil and wax penetrate the fabric—in small amounts, to be sure, but uniformly and in sufficient quantity to polish without leaving any traces of the polish itself. And that, after all, is what we wish in furniture cleaning. Use this cloth, then, for the routine dusting. It will dust and polish at the same time. It is adaptable for use on the piano or on any other highly finished wood.

Again, white spots often appear on the table upon which a vase of flowers has been. The same thing may even come on chairs and other furniture. It is always due to a reaction between water and the varnish in the furniture finish. It can be quickly removed by wiping over with a cloth wrung dry from water into which a little ammonia has been placed, but be sure to finish up the operation by rubbing with your dusting cloth impregnated with furniture polish. Remember that the ammonia water takes off the spot; the furniture polish removes the finish.

WALL DECORATION

In an old-fashioned house there were acres of wall-space to be covered, Cheap garish paper suited my

purse but was an affront to my taste. Moreover, even the cheapest presented quite an item of expense. By visiting nearly every dealer in town, I secured rolls of "oddments" in light colors. These were alike only in one respect. The wrong side had a rough, plain, creamy surface. So we slapped the paper on with the right side to the walls, dooming to oblivion the hideous medallions and bilious hues, and had clean, cool, creamy walls. We used borders to relieve the monotony in some rooms, salvage cut from the despised cheap papers. The rooms are delightfully pretty at a fraction of our first estimated expense.

CHEWING-GUM

Perhaps some other mother will welcome this bit of news. My baby came in, the other day, with several pieces of chewing-gum in her mass of curls. I thought at first I must cut them at once and prepared for the sacrifice. Then I remembered that oil will take chewing-gum off one's hands. I had no oil but instead used vaseline. It proved ideal, for the gum rolled up and I could take it right out. Then a shampoo was all that was necessary to restore the youngster's beautiful golden curls.

A CAKE-MAKING TIME-SAVER

I always add two tablespoonfuls of boiling water to butter and sugar that I am to cream for making cake. This plan secures a fine-grained cake with little labor, and in no way interferes with your usual recipe.

ECONOMY TABLE MATS

I have recently made a set of breakfast mats out of white oilcloth, which my friends admire and think so pretty and useful. I cut them with six big scallops and then crochet a picot edge around in delft blue silk thread. This is so easily done—no hemming required—just stick the crochet needle through the oilcloth. They look attractive on my old mahogany table and prove nice "economy mats."

BAKING BY FIRELESS

I have had excellent results in baking pies in my fireless cooker. I use the large well and bake two pies at one time by placing one large radiator on the bottom, one in between the pies, and a small one on top. I use my regular pie-plates and place them in the baking racks. Covered pies give the best results.

SHRINK YOUR GAITERS

Finding my gaiters were becoming large and unshapely from constant wear, I pressed them with a very hot iron and a cloth wrung out of hot water. The steam and heat made them go back to the original shape and size, and they looked like new.

WEAR GLASSES AT THE MOVIES

When going to the movies take along a pair of amber-colored sun or beach glasses and wear them while looking at the pictures. You will find that the eyes do not grow tired, that the glare of the lights is softened, flickering is reduced to a minimum, and the pictures stand out in greater relief and beauty.

CHILDREN'S PIE

I have discovered a way to make a pie that can be served to the children even as young as five years old for their dinner meal. The grown-ups will like it too, The crust is of cooked rice. Wash one-half cupful of rice and cook till tender in boiling, salted water. Drain, and line a greased pie-plate with the rice. Set it on ice to cool. Slice three bananas and arrange them on the chilled rice. Make a custard by heating two cups of milk in a double-boiler, thicken with one and one-half tablespoonfuls of corn-starch and one and one-half tablespoonfuls of flour moistened with a bit of milk. Cook until all the starchy taste has disappeared; then add an egg-yolk beaten slightly with one-fourth cup of sugar. Cook until blended and flavour with one teaspoonful of vanilla. When cooled, pour the custard over the bananas and cover with a simple meringue made with the white of an egg and sugar. Brown in a very slow oven. When making this pie, especially for children, be careful to select very ripe bananas, for in these the starch has been changed to sugar, a fact which renders them perfectly safe.

A NEW USE FOR STORM WINDOWS

When the storm windows were removed last season, the man of the house used them for the tops of some hotbeds built at a slant against a sunny and sheltered side of the house. Enough soil to fill the beds was purchased from a near-by florist. These improvised hotbeds were found very useful for starting lettuce, squash, and other vegetables in this northern climate.

COLONIAL CURTAINS

My allegiance to ruffled muslin curtains for the whole house was unshaken until I moved into an old colonial dwelling with forty windows to be curtained. I wanted something in keeping and easily cared for. These two points I have attained, and my friends say I have secured the acme of grace and charm besides. I used a sheer white cotton crêpe at fourteen cents a yard, edging the inch-and-three-quarters hem with cotton ball trimming at six cents a yard, The freshness of these hangings may be renewed in a jiffy. I wash them, hang them on the line lengthwise, shake them out a bit, and they are ready to go up again like new. Ball trimming seems to "belong" to an old house. In various historical museums rooms furnished with colonial relics introduce this trimming on curtains, bed valances, etc. The tie-backs of my curtains are bands of the crêpe edged with the ball fringe.

HOW I USE A SOUP BONE

I select a bone of good size with a fair amount of meat on it, cover the bone with cold water, bring it to a boil, and put it in the fireless cooker for three hours. I then open the vessel, pour off a quart of stock, and add the vegetables. Reheat the stone and put all back in the cooker for two hours. The result is a very tempting dinner, and with lettuce salad, peach tapioca, and cookies, makes a most satisfactory meal. The next morning, grind the meat remaining on the bone with twice the quantity

of potatoes and a little onion, moisten with soup stock, and set it away as the main dish for the evening meal. This might consist of hash, corn bread, spinach, apple sauce, and gingerbread. In making the gingerbread use the fat from the top of the stock for the shortening. I find it excellent. Then make a sheet of noodles and cook them in the stock. This forms a nourishing soup for luncheon.

A LAUNDRY SHELF

A low shelf arranged at one end of a set of laundry tubs, or even a table with the legs sawed off, affords an excellent place for the clothes-basket to receive the clothes when wringing through the last rinse water. It lessens the amount of lifting required and is a real time-and-step saver.

NEW USE FOR A HAIR BRUSH

For a dime, one can buy a wire hair brush at the five and ten cent store. This brush will remove quickly and easily the hair that collects on the carpet-sweeper or other brushes.

SAVE THE GAS

When making a rice pudding, Indian pudding, or any other pudding that requires long, slow cooking, I put all the ingredients in a double-boiler on top of the gas-stove and cook for an hour or so over my simmering burner of a large burner turned low. Then I transfer the materials to a buttered baking-dish and brown in a hot oven ten to fifteen minutes. When one has a gas-stove only, this saves from two

to three hours of oven gas. This is an appreciable saving. I find the puddings cooked in this way taste no different from those baked three to four hours And it certainly is more economical.

"NUTTY BUTTER"

My best discovery has made peanut butter universally popular in the family. The criticism in our family was that the peanut butter sticks to the roof of the mouth. So I prepared it in the following manner: Soak a teaspoonful of granulated gelatin in two tablespoonfuls of cold water; dissolve it in one cupful of hot milk and with a wooden spoon gradually work the milk into a half-pound of peanut butter placed in the mixing bowel. Pour it it into round, wet moulds and allow it to harden. "Please pass the nutty butter" has become a household phrase with us. If desired, a bit of salt may be added.

DRY SALT

We live in an extremely damp climate, but I can prevent salt in the kitchen shaker from hardening and caking by placing the shaker, when not in use, in a covered jelly glass. Under trying conditions of humidity, this suggestion is well worth the extra effort required.

TIME-SAVER

Another time-saver! When you have occasion to use spices or herbs in a muslin cloth or bag to cook in preserves or soups, try using a silver or aluminum tea-ball instead. The aluminum ones can be obtained

for as low as twelve cents. They retain no odors and may be used for a number of purposes.

WASHING SPINACH

It was my colored washerwoman who made this valuable suggestion: "Try putting salt in the first water," said she, "and you will find that not so many washings will be needed." I did try it and found that she spoke the absolute truth. Let others make the experiment and be convinced also.

ORANGE SUGAR

We were enjoying tea in a friend's home, one day, when we admired the beautiful orange sugar and asked our hostess for the secret. So simple and yet so delicious! Wash an orange and then rub the lumps of sugar hard on the skin after it has been dried. The orange is not spoiled at all for use in other ways, since only the oil in the skin has been absorbed by the sugar. You can try the same idea with a lemon; both impart an extremely delicate fruit flavor to one's cup of tea.

A SIMPLE GAME

I have discovered a game which is enjoyed by adults as well as children, and it can be made at home for a very small sum. Purchase a bread-board, one of the cheaper ten or twenty-five cent variety, together with a dozen brass cup hooks. In addition purchase one large hook. Screw these small hooks into the wood and paste beneath the hooks numbers cut from a calendar.

Screw the large hook on the top of the board and suspend this from a fastening in the wall where the game is to be played. Provide half a dozen fruit jar rubbers, and the children's game is ready. The stunt is to toss the rubbers over the hooks on the board, each player using six rubbers for his "turn." The score is added by the numbers indicated beneath the hooks on which a rubber has been thrown. The game can be made suitable for different ages by changing the distance from which the rings must be thrown.

This game was thoroughly tested by a family of youngsters, who voted it a great success.

SNAP FASTENERS

It is not easy to separate snap fasteners when they have once been used, and my scheme, I find, lessens the difficulty. When they are ripped from a gown, I snap them together with a thickness of thin tape between them and drop them in my mending basket all ready for next time. The tape allows one to get a purchase on the fasteners, and I find it much easier to separate and to use them.

ORANGE RINDS RESERVED

One of my war-time conservation discoveries I shall never discard. When peeling oranges or lemons, I put the discarded rinds through a food-grinder and dry and store them for use as flavoring. They can be used fresh, or dried and soaked back to freshness, in pudding sauces, in cakes, in puddings, in fact in any dish in which the fresh fruit is called for. A

plain cake to which two tablespoonfuls of fresh-ground orange rind were added proved delicious in flavor. Try it.

USE YOUR ELECTRIC FAN

It is not easy to ventilate a closet with no window, but I have been sucessful when I used a small electric fan. After running it for only five or ten minutes, the closet was freshened as if a direct breeze had blown through it. As a moth preventive and to counteract any odor of mustiness this treatment is most effective.

UNMOLDING GELATIN

When unmolding a gelatin dessert, even with the utmost care, I sometimes failed to get the mold in the center of the serving dish, until I happened upon the following plan: I first pour cold water over the dish on which I wish to unmold the dessert, shaking off as much water as possible. Then, if the mold fails to fall into the proper place, it is an easy matter to slide it into position.

TO CHOP RAISINS

When making cake which calls for chopped raisins, try sprinkling them with corn flour. You will find it more satisfactory than wheat flour, since it takes but a few minutes to chop them and each piece is distinct instead of being in a sticky, solid mass, and is usually the case. Use a tablespoonful of flour to a cup of raisins.

QUICK BANBURYS

When making banbury tarts, or any tart with a filling not too soft, instead of cutting out each tart in the old, tedious way, I cover the bottom of my dripping pan with the rolled-out crust, then put in the tart mixture by teaspoonfuls, and then the top crust, pressing the edges firmly. When baked, cut in squares. They taste just as good, and it takes so much less time.

TO SAVE FLOUR

When a sack of flour is emptied into the bin, a great deal of flour clings to the sack and is wasted. A good way to save nearly all of the clinging flour is to turn the sack inside out, fold it, and leave it in the bin until baking day. Then spread the sack over your kneading board and knead the bread on the sack, thus saving the flour usually used for kneading as well as saving the flour that adheres to the sack.

A HOME MADE SILVER WASHER

If any other housekeeper dislikes as much as I do to fish around in hot dish water after the last elusive fork, she will appreciate my short cut in dishwashing As I scrape and pile the dishes preparatory to washing them, I put the silver to soak in warm water. This suggestion my seem superfluous, but I know a baker's dozen of housewives who don't do it. When I am ready to wash the silver, I put it all into the upper perforated container of my steamer, then plunge it

up and down in the hot suds in the dishpan until the silver is clean. Of course all the water drains off. Scalding water is then poured over it, and there I am with silver ready for the drying cloth and hands unparboiled and unpricked.